

Julie Gudmestad

Anatomy Awareness in Asana: Hips, Pelvis and Low Back

Saturday - Sunday, Oct. 20-21, 2012

10:30 am - 5:00 pm

(includes 1.5 hour lunch break)

Open to all levels

\$275 by 4 p.m. Friday, Sept. 21

\$325 thereafter

Special refund policy in effect. See back for details.



Cultivate your knowledge of anatomical vocabulary, musculoskeletal structures and movement patterns in relation to the yoga asanas. With a specific

focus on the hips, pelvis, and low back, the workshop includes direct work in asana in addition to lecture, demonstration and discussion.

- Learn to “see” muscles in action, and correctly describe the movement
- Understand how muscles interact to form movement patterns in yoga poses
- See demonstrations of both structure and function
- Participate in asana practice sessions that allow you to feel, in your own body, the actions of muscles and the dramatic effects of subtle changes in alignment

This event qualifies as 10 hours of master teacher electives for Prairie Yoga teacher trainees or continuing education credits for registered Yoga Alliance teachers.



Julie Gudmestad, P.T., has been active in Portland, Oregon, as a yoga teacher and licensed physical therapist for over 30 years. She has integrated Western medical knowledge with yoga training into a unique teaching style, and has taught many workshops throughout the U.S., Canada and Europe. She is a certified Iyengar yoga teacher, a member of the American

Physical Therapy Association, and the former author of the Yoga Journal column “Anatomy of a Yogi.”



4701 Auvergne Avenue, Suite 104, Lisle, IL 60532

(630) 968-3216

prairieryoga@comcast.net

www.prairieriyoga.org

Julie Gudmestad

Anatomy Awareness in Asana: Hips, Pelvis and Low Back

DATE

Saturday - Sunday, Oct. 20-21, 2012

10:30 am - 5:00 pm

FEE

\$275 by 4 p.m. Friday, Sept. 21, 2012; \$325 thereafter

STUDENT INFORMATION

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

PAYMENT

We encourage you to pre-register. Space is limited, so registering early holds your spot and qualifies you for the discount price. Events will be cancelled due to low enrollment. Registering by the early discount deadline helps ensure that the event will be held.

Prairie Yoga accepts cash, check, or credit cards. Please make all checks payable to *Prairie Yoga*. Returned checks subject to \$50 fee.

_____ **\$275 paid by 4 p.m. on Friday, Sept. 21**

_____ \$325 paid thereafter

REFUNDS & CANCELLATIONS

We understand that plans occasionally change and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent refund policies that are fair to you, the studio and the presenter. Thank you for your support.

- **For refund requests at least one week prior to the start of the event**, you may request a refund, less 15%.
- **For refund requests less than one week prior to the start of the event**, no refunds or credits will be given.
- If you do not show up for an event, no refunds or credit will be given.
- **Refunds for credit card payments are subject to an additional 4% transaction fee.** No exceptions, even if an event is cancelled by Prairie Yoga or the presenter.

Cancellations: We reserve the right to cancel an event due to low enrollment or factors outside of our control. If an event is cancelled, you will receive a refund (If you paid by credit card, the refund is minus 4% credit card transaction fee).



4701 Auvergne Avenue, Suite 104, Lisle, IL 60532

(630) 968-3216

prairieryoga@comcast.net

www.prairieriyoga.org