

Marinda Stopforth

Fundamentals of Yoga Anatomy

Friday - Sunday, October 12-14, 2012

Friday, 6:00 - 9:30 p.m.

Saturday, 11:15 a.m. - 5:15 p.m.

Sunday, 11:15 a.m. - 3:45 p.m.

Fee: \$250 by Friday, 9/28; \$300 thereafter

Special refund policy in effect. See back of flyer for details.

The study of the human body in relation to yoga moves beyond muscles and bones, to a deeper level of understanding of ourselves. Gaining knowledge of anatomy informs how the body moves, how to move safely and how to keep the mind grounded in reality. As a result, you approach yoga poses from the inside out, rather than from the outside in. This training includes anatomy manual, lecture, bio-feedback and home-study workbook. Workbook completion required for those seeking course credit.

This course will teach you:

- the major muscles and bones of the body and their primary action and function
- muscle action and function in asana
- how to reduce the risk of injury to yourself and students
- how to clearly instruct and cue your students
- effective communication with therapists, doctors and other members of your yoga community

This course is required for the Prairie Yoga 200 hour Teacher Training. It is open to ALL teachers, teachers-in-training and interested students.



Marinda Stopforth, OTR/L, 500 CYT is an Occupational Therapist at Edwards Hospital in Naperville, IL. She is interested in the therapeutic application of yoga. Marinda earned her 500-hour certification through Prairie Yoga and 200-hour through Moksha Yoga Center. She has worked as an aromatherapist, reflexologist and is a qualified Reiki Master Teacher. She is a residential trainer in the study of consciousness for the Monroe Institute in Virginia with her husband, Bob, and is also a certified I:I Provider for the Institute of HeartMath in California.

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STUDENT INFORMATION

Name:

Address:

City/State/Zip:

Phone:

Email:

PAYMENT

Prairie Yoga accepts cash, check, or credit cards. Please make all checks payable to *Prairie Yoga*.

Returned checks subject to \$50 fee.

_____ **\$250 paid by Friday, September 28** _____ \$300 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 or credit, 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).



PRAIRIE YOGA

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