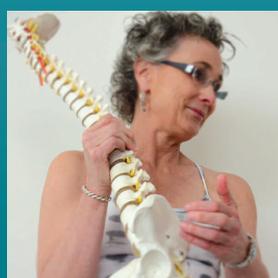
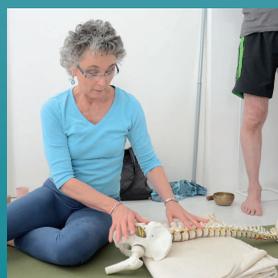


# Anatomy Awareness in Asana

*A Weeklong Class Series with Julie Gudmestad, a certified Iyengar Yoga teacher. Julie has been a practicing physical therapist for over 40 years. She runs a combined yoga studio and physical therapy practice in Portland, Oregon, as well as teaching workshops throughout the US, Canada, and Europe. Additionally, she wrote the Yoga Journal column, 'Anatomy of a Yogi' for several years.*



July 31 - August 4, 2017



**IN THIS CLASS SERIES** you will get much more than a traditional classroom lecture on anatomical terminology, bones, muscles and joints. In a hands-on, open-for-questions environment you will:

- 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 affects of subtle changes in alignment.
- Become an advocate of the value of proper alignment for the safety of yoga poses.

**BY THE END OF THE SERIES**, you will have learned to identify structures visually, by palpation and by “feel”, because you will have gained the foundation to understanding the anatomy underlying these structures.

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**DATES:**

July 31 - August 4, 2017      Monday through Friday      10am - 1pm & 2pm - 4pm

.....  
**LOCATION:**

Gudmestad Yoga Studio      3903 s.w. Kelly, suite 210, Portland, OR 97239      (503) 223-8157

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**COST:**

\$650.00 for the week      Yoga Teacher CE credit available

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**REGISTRATION:**

Please go to [www.gudmestadyoga.com](http://www.gudmestadyoga.com) to download a registration form.

Early registration is recommended to reserve your space. Due to the sequential nature of the classes, we will not take partial registrations.

Send \$50 non-refundable deposit or full tuition (must be US funds) to:  
Gudmestad Yoga Studio, 3903 s.w. Kelly, suite 210, Portland, OR 97239

**Please note** that we ask you to make full payment by July 24th to hold your space in the workshop, or your space may be given to someone on the waiting list. If you need to make special financial arrangements, please call us at (503) 223-8157 before July 24th.

3903 s.w. Kelly, suite 210 • Portland, Or 97239 • Phone: (503)223-8157 • Fax: (503)248-4730  
[www.gudmestadyoga.com](http://www.gudmestadyoga.com)

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July 31 - August 4, 2017



To register, please fill out this form, clip and mail with your check\* to:

**Gudmestad & Associates**

Name: .....

Address: .....

City, State & Zip: .....

Home Phone: ..... Work Phone: .....

Cell Phone: ..... Email: .....

Please send me information about lodging options.

.....  
3903 s.w. Kelly, suite 210 • Portland, Or 97239

phone: (503) 223-8157 • fax: (503) 248-4730

info@gudmestadyoga.com • www.gudmestadyoga.com  
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\* Payment must be in US funds