

# Anatomy Awareness in Asana

*A Weeklong Class Series with Julie Gudmestad, a certified Iyengar Yoga teacher and E-RYT 500. 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.*



August 5 - 9, 2019



**INSPIRE AND DEEPEN YOUR YOGA PRACTICE** by studying anatomy with Julie Gudmestad. During this series will focus on one area at a time, starting by seeing and feeling bones, joints, and muscles. Then we will bring anatomy to life by practicing poses that strengthen and stretch the highlighted muscles. The asana practice will build from easy to more challenging poses. Everyone will be encouraged to work at their own pace, with ample time for questions. Anatomy can be fun!

We will:

- Use lecture, demonstration and asana practice to support your learning.
- Use and practice anatomical language, to help deepen your understanding of human movement patterns.
- Study how muscle imbalances can contribute to pain and disrupt the injury healing process.
- Suggest poses and sequences to help make progress with challenging poses.



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**DATES:**

August 5 - 9, 2019                      Monday through Friday                      10 am - 1 pm & 2 pm - 4 pm

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**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 Alliance CE credit available

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**REGISTRATION:**

Go to [www.gudmestadyoga.com/anatomy\\_workshop](http://www.gudmestadyoga.com/anatomy_workshop) to download a registration form.

Early registration is recommended. Due to the sequential nature of the classes, we do not take partial registrations.

Send a \$50 non-refundable deposit or full tuition (must be US funds) to:

Gudmestad & Associates, 3903 s.w. Kelly, suite 210, Portland, OR 97239

You may pay with a check or credit card. Call or go to the payment page on our website to pay in full with a credit card.

**Please note** full payment is due by July 23 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 June 30.



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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: .....

I am interested in CE credits.

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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. You can call us to pay with a credit card or you may also pay through our website.