

Upper Back, Neck, Shoulders

Weekend Workshop with Julie Gudmestad



Saturday & Sunday, May 4 - 5, 2019



JULIE HAS TAUGHT this popular workshop at studios and conferences throughout the US, Canada, and Europe, and we are thrilled to offer it for the first time right here in Portland. For those who haven't been able to attend the weeklong August anatomy intensive, this is an opportunity to take one section of the five-day intensive.

Upper Back, Neck and Shoulders Weekend Workshop with Julie Gudmestad, PT

TIMES: Saturday, May 4, 2019 12 pm - 3 pm and 4 pm - 6 pm
Sunday, May 5, 2019 10 am - 1 pm and 2 pm - 4 pm

COST: \$200 early bird, \$225 after April 1 (\$3 charge if you use a credit card)

LOCATION: Gudmestad Yoga Studio, 3903 s.w. Kelly Ave, suite 210, Portland, OR 97239



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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REGISTRATION: Call or email now to reserve your spot in this weekend workshop; limited spaces are available. This workshop is appropriate for Gudmestad Yoga students Level 3 and up and will provide a rich learning opportunity for yoga teachers & teacher trainees.

This will be an active workshop and therefore is not appropriate for students with acute injuries or significantly limited mobility.

This class is worth 10 CE credits through the Yoga Alliance.

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Julie Gudmestad, PT has been a practicing physical therapist for over 40 years. She runs a combined yoga studio and physical therapy practice in Portland, OR as well as teaching workshops throughout the US, Canada and Europe. She is a certified Iyengar yoga teacher, E-RYT 500 and wrote the Yoga Journal column 'Anatomy of a Yogi' for several years.



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We are excited to be offering a rare opportunity to study a portion of the Anatomy Awareness in Asana with Julie as a weekend workshop, in Portland! Enrollment is available online at gudmestadyoga.com/continuing_ed or by calling the studio at 503-223-8157.



To register, please fill out this form and mail with your payment to: Gudmestad & Associates (address below).

REGISTRATION FORM

Class Title

Date

Cost

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I've included my payment for \$ _____

Make checks payable to Gudmestad & Assoc. *OR* you can register and pay online at www.gudmestadyoga.com/payment and send an email to info@gudmestadyoga.com, letting us know that you want to be enrolled in this workshop.

Name: _____

Phone: _____

Email: _____

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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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