
2009



**Advanced Studies &
Yoga Teacher
Training Program**



**The Vertebral Column:
Asana, Anatomy and Therapeutics**

with **Judith Hanson Lasater, Ph.D., PT**

December 4, 5, 6, 2009

Dates: *One weekend, 16 hours: December 4, 5, 6, 2009*

Times: *Friday, December 4: 12:00–5:00 PM
Saturday, December 5: 12:00–6:00 PM
Sunday, December 6: 12:00–5:00 PM*

Place: *Santa Barbara Yoga Center • (805) 965.6045
32 East Micheltorena Street, Santa Barbara, CA 93101*

Prices: *\$395 if full payment (deposit plus balance) is made by October 23, 2009
\$450 if balance is paid after October 23, 2009*

Deposit: *\$200 deposit, required to reserve your place, is refundable (minus \$85 cancellation fee) only until November 6, 2009*

Balance: *Balance is due by, and is only refundable until, November 6, 2009.
NO REFUNDS after 11/6/09*

Course Description:

Ever wonder what is going on in your neck in headstand?
Why twists hurt your sacroiliac joint?
How much curve is too much in the student's lower back in Tadasana?

In this training we will explore these questions by focusing on the anatomy of the cervical, thoracic, lumbar and sacroiliac spines. Then we will apply that new learning to observing others practicing and to practicing ourselves. Perfect for teachers and serious students.

We will learn the following and apply them to practice and teaching:

- The basic anatomy of the structures of the spinal column
- The importance of the spinal curves and why they are important
- The principle of "tripodism" as it applies to the spinal column
- The differences of each area of the spine and why they matter in asana
- The kinesiology of each spinal region
- The law of sidebending and rotation for each spinal region
- How to access scoliosis
- The therapeutic applications of this coursework to headstand, shoulderstand, backbends, twists and forward bends
- The critical understanding necessary to prevent sacroiliac pain

The Instructor:



*JUDITH LASATER has taught yoga since 1971. She holds a doctorate in East-West psychology and is a physical therapist. Judith is president of the California Yoga Teachers Association, and serves on the advisory boards of Yoga Journal and the Yoga Research and Education Center. Her yoga training includes study with B. K. S. Iyengar in India and the United States. She teaches ongoing yoga classes and trains yoga teachers in kinesiology, yoga therapeutics, and the Yoga Sutra in the San Francisco Bay Area. Judith also gives workshops throughout the United States, and has taught in Canada, England, France, Indonesia, Japan, Mexico, Peru, and Russia. She is the author of six books: *A Year of Living Your Yoga*, *Yoga Abs*, *Yoga for Pregnancy*, *30 Essential Yoga Poses*, *Living Your Yoga* and *Relax and Renew*. For more information, please visit www.judithlasater.com.*
