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2010



SANTA BARBARA YOGA CENTER

Advanced Studies

&  
**Yoga**

Teacher  
Training  
Program



Understanding  
**Anatomy**  
for **YOGA**



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with

**Arturo Peal**

May 7, 8, 9 & 14, 15, 16, 2010

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<b>Dates:</b>	<i>Two weekends, 30 hours: May 7, 8, 9 &amp; May 14, 15, 16, 2010</i>
<b>Times:</b>	<i>Fridays: 6:00-9:00 PM; Saturdays: 12:15-4:15 &amp; 6:00-8:30 PM; Sundays: 12:15-5:45 PM</i>
<b>Place:</b>	<i>Santa Barbara Yoga Center • (805) 965.6045 32 East Micheltorena Street, Santa Barbara, CA 93101</i>
<b>Prices:</b>	<i>\$625 if full payment (deposit plus balance) is made by March 26 2010 \$700 if any remaining balance is paid after March 26, 2010</i>
<b>Deposit:</b>	<i>\$250 deposit, required to reserve your place, is refundable (minus \$100 cancellation fee) only until April 9, 2010.</i>
<b>Balance:</b>	<i>Balance is due by, and is only refundable until, April 9, 2010. NO REFUNDS after 4/09/10</i>

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## Course Description

This course will give students practical knowledge that will help Yoga teachers create effective and safe practices for their students. Participants will gain tools that will increase their understanding of the physical and energetic mechanics of the body/mind and how Yoga is beneficial.

We will study asana and learn to identify strain patterns for the muscles, joints and organs. You will gain greater knowledge of the movement and functions of the breath: Learning how to recognize and alleviate restrictions in the movement of breath and prana.

You will understand the process of injuries and scar tissue formation and learn how Yoga can facilitate greater healing. Students will also learn when Yoga (or certain asana) may not be a beneficial practice for a specific condition or injury.

We will explore in detail the effects of stress on the body/mind, on each major system (circulatory, nervous etc.) and how Yoga can help bring relief.

The course will be very experiential. Learning will occur through sensation, touch, clear models and demonstrations. These all help keep this anatomy course exciting. The human body is a moving miracle, and Arturo is an expert in sharing his excitement in studying the body/mind.

### Required Materials (to be read/viewed prior to the start of the course):

- "Anatomy and Asana" by Susi Aldous
- "Anatomy for Yoga" DVD by Paul Grilley



### The Instructor:

**Arturo Peal** is a Certified Yoga Therapist and Craniosacral Therapist who teaches at the Yoga Dojo in Santa Barbara. He has instructed anatomy, kinesiology and Therapeutic Touch since 1989 for Yoga Teacher Trainings, Massage Schools and in workshops nationally. He has co-lead the Therapeutic Yoga Teacher Training with Cheri Clampett for over 12 years. He holds a Masters Degree in Chinese Medicine and a third-degree black belt in Aikido.

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