

# Anatomy Awareness in Asana

A Weeklong Class Series with Julie Gudmestad, a certified yoga therapist and E-RYT 500. Julie has been a practicing physical therapist for over 40 years. She teaches at Paxson Yoga Center, a combined yoga studio and physical therapy practice in Portland, Oregon, as well as teaching workshops throughout the US, Canada, and Europe. She also wrote the Yoga Journal column, 'Anatomy of a Yogi' for several years.



GUDMESTAD  
YOGA TRADITION

Paxson Yoga Center

August 3 - 7, 2020



INSPIRE AND DEEPEN YOUR YOGA PRACTICE by studying anatomy with Julie Gudmestad. During this series we 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.

WHEN: August 3 - 7, 2020 Monday through Friday 10 am - 1 pm & 2 pm - 4 pm

COST: \$700.00 25 Yoga Alliance CE credits available

LOCATION: Paxson Yoga Center 6840 S.W. Macadam Ave. Portland, OR 97219  
(503) 223-8157

REGISTRATION:

Call or email now to reserve your spot in this weeklong workshop; limited spaces are available. Early registration is recommended. Due to the sequential nature of the classes, we do not take partial registrations.

Send a \$100 non-refundable deposit or full tuition (must be US funds) to:  
Paxson Yoga Center, 6840 S.W. Macadam Ave. Portland, OR 97219

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

PLEASE NOTE: full payment is due by July 20 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.

6840 S.W. Macadam Ave. • Portland, Or 97219 • Phone: (503)223-8157 • Fax: (503)248-4730  
www.gudmestadyoga.com transitioning to www.paxsonyogacenter.com

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## REGISTRATION FORM

Please fill out this form and mail with your check\* to:

Paxson Yoga Center

Name: .....

Address: .....

City, State & Zip: .....

Cell Phone: .....

Email: .....

I am interested in CE credits.

.....  
6840 S.W. Macadam Ave. · Portland, Or 97219

phone: (503) 223-8157 · fax: (503) 248-4730 · email: [info@gudmestadyoga.com](mailto:info@gudmestadyoga.com)

[www.gudmestadyoga.com](http://www.gudmestadyoga.com) transitioning to [www.paxsonyogacenter.com](http://www.paxsonyogacenter.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.