

Foot, Ankle, Knee, Hip Weekend Workshop with Julie Gudmestad

Saturday & Sunday, May 2 - 3, 2020



GUDMESTAD
YOGA TRADITION

Paxson Yoga Center



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.

Foot, Ankle, Knee, Hip Weekend Workshop with Julie Gudmestad, PT

WHEN: Saturday, May 2, 2020 12 pm - 3 pm and 4 pm - 6 pm
Sunday, May 3, 2020 10 am - 1 pm and 2 pm - 4 pm

COST: \$250 early bird, \$280 after April 1

LOCATION: Paxson Yoga Center, 6840 S.W. Macadam Ave, Portland, OR 97219



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.



REGISTRATION: Call or email now to reserve your spot in this weekend workshop; limited spaces are available. This workshop is appropriate for Paxson Yoga Center 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.

10 Yoga Alliance CE credits available.



Julie Gudmestad, PT, a certified yoga therapist, and E-RYT 500 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, OR, 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.

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

Foot, Ankle, Knee, Hip Weekend Workshop with Julie Gudmestad

We are excited to be offering an opportunity to study a portion of the Anatomy Awareness in Asana with Julie as a weekend workshop, in Portland! Enrollment is available online at our website or by calling the studio at (503) 223-8157.



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REGISTRATION FORM

Class Title

Date

Cost

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I've included my payment for \$ _____

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. Then send an email to info@gudmestadyoga.com letting us know that you want to be enrolled in this workshop.

Name:

Phone:

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Email:

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