

Continuing Education for Yoga Teachers & Yoga Teachers in Training

Paxson Yoga Center/Gudmestad Yoga Tradition has been sharing yoga with the Portland community for over 30 years. Julie Gudmestad, Physical Therapist, Certified Yoga Therapist, E-RYT 500 and founder of Gudmestad Yoga has dedicated her career to combining the practice of yoga with the knowledge and benefits of physical therapy. Paxson Yoga Center is carrying that mission forward.

Yoga Alliance Continuing Ed credit available.



GUDMESTAD
YOGA TRADITION

Paxson Yoga Center



WE ARE EXCITED to offer 3 Continuing Education classes for Yoga Teachers and Yoga Teachers in Training. Julie, Laila and Rachel and special guest Leasa Lowy will be teaching these workshops. These classes will be online over Zoom and recorded. Students will have access to the recording for three months after the date of the class. Enrollment is available online or by calling the studio at 503-223-8157.

Each class is worth 3 CE credits through the Yoga Alliance.



FEMALE PELVIC FOUNDATIONS for YOGA TEACHERS with Leasa Lowy, MD, OBGYN, RYT and Rachel Lundberg, E-RYT 500, YACEP

Sunday, March 7, 2021 3:00 pm - 6:00 pm \$75 ea (Bundled: all 3 for \$180)

Join Dr. Leasa and Rachel as we explore the female pelvis and how yoga can contribute to female pelvic health. We will cover the anatomy of the female pelvis including muscles, bones, organs, hormones, pelvic floor, and the diaphragm/pelvic floor connection. You will gain a greater understanding of female pelvic health, and leave with asana practices and tips to assist students with general pelvic health, menstruation, perimenopause/menopause, urinary/vaginal structural weakness and how to support it. We will provide an overview of the yoga philosophy and history of women in relation to yoga asana.



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BKS IYENGAR'S FIRST PRINCIPLE with Laila Deardorff, MSPT, Certified Iyengar Instructor

Sunday, April 11, 2021 3:00 pm - 6:00 pm \$75 ea (Bundled: all 3 for \$180)

Even if you are not a practitioner of Iyengar Yoga, you may have been touched by BKS Iyengar's brilliance via cues you have heard from other teachers. He spent his life's work exploring the body through yoga. Maybe you have heard your teacher say "Lengthen your arm from the base of the thumb to the inner shoulder," and wondered why the teacher is saying that. BKS developed a series of "principles" that support these cues.

In this CE workshop we will explore his first principle, which we will call "even length". Once this principle was explained both didactically and experientially, a light bulb went on for me.

I will present context for the development of the principle and how BKS came to it. We will spend time understanding and exploring the concept, then practice how to incorporate it into your teaching.



6840 S. Macadam Ave. • Portland, OR 97219 • Phone: (503)223-8157 • Fax: (503)907-7779
info@paxsonyogacenter.com • www.paxsonyogacenter.com

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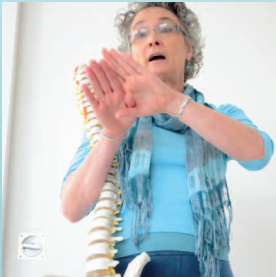
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HANDS, WRISTS, SHOULDERS: PREPARATION for WEIGHT-BEARING POSES with Julie Gudmestad, PT, E-RYT 500

Sunday, May 2, 2021 3:00 pm - 6:00 pm \$75 ea (Bundled: all 3 for \$180)

Many people come to Yoga with weak, stiff arms and shoulders, which makes weight-bearing on their arms especially challenging. Teachers can help students prepare, by stretching and strengthening of essential muscles, which can open up a whole world of Yoga pose possibilities. This class will also include some tips to help decrease strain on vulnerable hand, wrist, and shoulder joints.

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CALL OR EMAIL NOW to reserve your spot in this Continuing Education series. You must currently be a yoga teacher or be enrolled in a yoga teacher training program to attend.

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REGISTRATION FORM

Class Title	Date	Cost
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I've included my payment for \$ _____

You can register and pay online through our website OR send full payment with this form to 6840 S. Macadam Ave, Portland, OR 97219. Make checks payable to Paxson Yoga Center.

Name: _____ Phone: _____

Email: _____ Where do you teach? _____

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