Foot, Ankle, Knee, and Hip

A Weekend Course in the anatomy of yoga with Paxson Yoga & Wellness Center's anatomy specialists.

March 20, 2024

Paxson Yoga & Wellness Center

REFINE AND INSPIRE YOUR YOGA PRACTICE with a deep dive on anatomy! In this weekend workshop, we will familiarize yoga students, teacher-trainees and teachers with anatomical vocabulary, musculoskeletal structures and movement patterns in relation to the yoga asanas. Our particular focus for the workshop will be on the foot, ankle, knee and hip. Our time together will involve lecture, demonstration and discussion as well as direct work in the asanas.

We will:

- Learn and use 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.
- Practice poses that both strengthen and stretch highlighted areas.
- Enjoy a practice that builds from simple to difficult poses – we'll meet you where you are!
- Learn what postures and sequences can help you make progress with challenging poses.

Our instructors have studied under Julie Gudmestad, PT (retired), E-RYT 500, CIYT world-renowned yoga anatomy expert and author of the Yoga Journal column "Anatomy of a Yogi." In addition to their years of assisting, teaching and practicing under her guidance, all of our instructors are also trained in Physical Therapy or Massage Therapy.

ANATOMY OVERVIEW & PRACTICE

Beth will present an anatomy overview of the foot, ankle, knee, and hip, followed by a fun and functional asana practice. This class is great for anyone interested in learning more about anatomy, and an ideal, practical review for students who have already completed anatomy weekends or workshops.

DATES:	Weekend: March 23 - 24, 2024	10 am - 1 pm and 2 pm - 4 pm
	Anatomy Overview & Practice: April 20 and May 18	12 pm - 2 pm
LOCATION:	Paxson Yoga & Wellness Center	6840 S. Macadam Ave. Portland, OR 97219
COST:	Weekend $225	Anatomy Overview Sessions $50 each
	Bundle of Weekend and both Overview & Practice $300	

All hours are eligible for CE credit through Yoga Alliance and other professional organizations.

6840 S. Macadam Ave. · Portland, OR 97219 · (503)223-8157 · www.paxsonyogacenter.com