

ॐ **REGISTRATION FORM** ॐ

Name _____

Address _____

Phone _____

E-mail _____

I am a yoga teacher

I have studied yoga for _____ years.

Primary yoga style I studied _____

I am registering for the following sessions:

Oct Nov Dec Jan Feb Mar

Apr May Jun Jul Aug Sep

I am interested in other workshops:

PROPER SEQUENCING

OTHER _____

Total Amount Enclosed _____

*Please make check payable to
Yoga Flow Studio*

Lorraine Aguilar, P.T., RYT 500

is the director/founder of Yoga Flow Studio. She has been a practicing Physical Therapist since 1991. She specializes in Orthopedic manual therapy and Yoga Therapeutics. She has combined her skills in each to create a uniquely holistic private practice and intimate setting for healing and the practice of Yoga.

Lorraine has been practicing yoga since 1992 and teaching since 1995. She has been studying Anusara yoga with John Friend since 1997 and is currently an ANUSARA-Inspired™ Yoga teacher working toward her certification.

Lorraine is certified at the 500-hour level by Beryl Bender Birch through "The Hard & the Soft Astanga Institute". She has studied Ashtanga yoga with Shri K. Pattabhi Jois, Richard Freeman and other master teachers. She continues to study with her main teacher John Friend as well as Yoga and Buddhist Philosophy. Lorraine's love for nature and the Native American teachings inspire her classes as well. She is forever grateful to all of her teachers who continue to shed light on her life's path.

Lorraine's knowledge of anatomy, kinesiology and understanding of injuries allows her to give personalized attention to individual's needs.

Lorraine is available for:

- Private & Group Yoga Instruction
- Physical Therapy with Yoga Rehab
- Workshops & Retreats
- Trainings in Yoga and Anatomy



**DEEPENING
YOUR PRACTICE
YOGA WORKSHOPS
2008 / 2009**

with Lorraine Aguilar, P.T. 500RYT

**ANATOMY FOR YOGA
YOGA THERAPY
UNIVERSAL PRINCIPLES OF ALIGNMENT™**

YOGA FLOW STUDIO

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Tel. 516.656.0672 • info@yogaflowstudio.com
www.yogaflowstudio.com

ANATOMY FOR YOGA & YOGA THERAPY

One weekend per month

Saturdays 12:30-4:00pm (15 minute break)

Sundays 2:30-6:00pm (15 minute break)
(dates and times subject to change)

October 18 & 19

Introductory Principles:
postural dysfunctions
the skeleton
palpation and bony landmarks
organization of body tissues
muscle physiology
stretching techniques
Overview of the Universal principles of Alignment
Anatomy and Alignment of the Spine
Yoga, injuries and therapeutics

November 15 & 16

Anatomy and Alignment of the Foot and Ankle
Yoga, injuries and therapeutics

December 13 & 14

Anatomy and Alignment of the Lower Leg and Knee
Yoga, injuries and therapeutics

Tentative dates for 2009

January 10 & 11

Anatomy and Alignment of the Thigh and Hip
Yoga, injuries and therapeutics

February 14 & 15

Anatomy and Alignment of the Pelvis
Yoga, injuries and therapeutics

March 14 & 15

Anatomy and Alignment of the Torso and Ribcage
Yoga, injuries and therapeutics

April 18 & 19

Anatomy and Alignment of the Shoulders and
Upper Arm
Yoga, injuries and therapeutics

May 16 & 17

Anatomy and Alignment of the Lower Arm
(forearm, wrist & hand)
Yoga, injuries and therapeutics

June 13 & 14

Anatomy and Alignment of the Head and Neck
Yoga, injuries and therapeutics

July 11 & 12

The internal organs, nervous system, glands
and related yoga

August 15 & 16

The Respiratory System
Pranayama and Restorative Poses

September 12 & 13

Anatomy and Yoga for Scoliosis and Back Care

**Workshop hours applicable as continuing
education toward 500RYT with
YOGA ALLIANCE.**



Deepening Your Practice Yoga Workshops

An advanced yoga studies program designed for yoga teachers and dedicated yoga students who wish to deepen their knowledge and skills in the following areas:

Anatomy for Yoga and Yoga Therapy:

Comprehensive and experiential workshops include:

- Study of the structure and function of the human body.
- Basic anatomy and physiology and their application in yoga and therapeutic principles of alignment.
- Reading the body.
- Study of injuries, conditions, prevention and Yoga Therapy techniques.

Teacher's Sessions:

Informative and experiential workshops for developing skills in such areas as: sequencing, effective language skills, use of props.

Specialty yoga classes including:

Yoga for Scoliosis
Yoga for Osteoporosis
Yoga for the Back
Yoga for Injuries
Restorative yoga

Individual workshops can be taken separately.

Attending the full sequence of workshops is recommended for more comprehensive understanding.

Fees:

One weekend \$125 (6 1/2 hours)

10 weekends \$1135 (65 hours)

12 weekend \$1325 (78 hours)

(prices include course manual)

Required Books:

Anatomy Of Movement by Calais Germain

Illustrated Essentials Of Musculoskeletal Anatomy
by Sieg and Adam

Anusara Teacher's Training Manual by John Friend (optional)

Cancellation Policy:

Beyond 30 days, \$15 per class processing fee

20-30 days prior 50% refund

1-20 days no refund unless replacement found

Registration:

Register early, space limited to 18; minimum of 10 students needed to hold workshops

