

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:

Full, 12-month training

10-month option (indicate months)

Jan Feb Mar Apr Jun Jul

Aug Sep Oct Nov Dec Jan

Individual weekends (indicate months)

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 and practice Ashtanga, Anusara and Iyengar yoga. Lorraine's love for nature and the Native American teachings as well as Buddhist and Tantric Yoga philosophy inspire her classes. 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 TRAINING 2010

with Lorraine Aguilar, P.T. 500RYT

ANATOMY FOR YOGA
PRINCIPLES OF ALIGNMENT
YOGA THERAPY

YOGA FLOW STUDIO

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

ANATOMY & ALIGNMENT FOR YOGA & YOGA THERAPY

One weekend per month

Saturdays 1:45-5:30pm (15 minute break)

Sundays 1:45-5:30pm (15 minute break)

(dates and times subject to change)

January 30 & 31

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

February 27 & 28

Anatomy and Alignment of the Foot and Ankle

Yoga practice, injuries and therapeutics

March 20 & 21

Anatomy and Alignment of the Lower Leg and Knee

Yoga practice, injuries and therapeutics

April 17 & 18

Anatomy and Alignment of the Thigh and Hip

Yoga practice, injuries and therapeutics

June 26 & 27

Anatomy and Alignment of the Pelvis

Yoga practice, injuries and therapeutics

July 24 & 25

Anatomy and Alignment of the Torso and Ribcage

Yoga practice, injuries and therapeutics

August 21 & 22

Anatomy and Alignment of the Shoulders and

Upper Arm

Yoga practice, injuries and therapeutics

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.
- Chakra system.
- Study of injuries, conditions, prevention and Yoga Therapy techniques.

Principles of Alignment

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 and the Back

Yoga for Osteoporosis

Yoga for Meditation

Yoga for Injuries

Restorative yoga

Attending the full training is required.

Individual workshops can be taken if space allows.

Fees:

12 weekend \$1500 (84 hours)

10 weekends \$1300 (70 hours)

One weekend \$140 (7 hours) - if space allows
(prices do not include manual, approx. \$3 per workshop)

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 prior: no refund unless replacement found

Registration:

Register early, space limited to 18; minimum of

10 students needed to hold workshops



September 25 & 26

Anatomy and Alignment of the Lower Arm

(forearm, wrist & hand)

Yoga practice, injuries and therapeutics

October 16 & 17

Anatomy and Alignment of the Head and Neck

Yoga practice, injuries and therapeutics

November 13 & 14

The internal organs, nervous system, glands
and related yoga

December 4 & 5

The Respiratory System

Pranayama and Restorative Poses

January 8 & 9, 2011

Anatomy and Yoga for Scoliosis and Back Care

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