

# 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  May  Jun

Jul  Aug  Sep  Oct  Nov  Dec

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

977 Glen Cove Avenue, Glen Head, NY 11545  
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

### **May 22 & 23**

Anatomy and Alignment of the Pelvis

Yoga practice, injuries and therapeutics

### **June 26 & 27**

Anatomy and Alignment of the Torso and Ribcage

Yoga practice, injuries and therapeutics

### **July 24 & 25**

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**



### **August 21 & 22**

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

Yoga practice, injuries and therapeutics

### **September 25 & 26**

Anatomy and Alignment of the Head and Neck

Yoga practice, injuries and therapeutics

### **October 16 & 17**

The internal organs, nervous system, glands  
and related yoga

### **November 13 & 14**

The Respiratory System

Pranayama and Restorative Poses

### **December 4 & 5**

Anatomy and Yoga for Scoliosis and Back Care

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