

YOGA FLOW STUDIO's CONTINUING EDUCATION FOR YOGA TEACHERS

Workshops in Anatomy, Yoga and Tantric
Philosophy, Ayurveda and more

Pre-registration is essential for all workshops a minimum of 1 week prior. Space is limited! Most sessions are eligible for continuing education credits with Yoga Alliance.

1) Anatomy for yoga with Lorraine

These interactive workshops emphasize application to therapeutic alignment principles in yoga asana and cover injuries and basic Therapeutics.

All sessions include a 15-minute break

Fees: 3-hour sessions \$75

4-hour sessions \$85

Eligible for continuing education credits with Yoga Alliance.

- Saturday, September 28th – 2:30–6:45pm
Introductory principles: including postural evaluations, the skeleton, how muscles work, layers of the body and more
- Sunday, October 20th – 9:30am–12:30pm
Anatomy of the foot and ankle
- Sunday, November 10th – 1:30–6:45pm
Anatomy of the lower leg and knee
- Sunday, December 15th – 9:30am–12:30pm
Anatomy of the hip and thigh
- Saturday, January 11th – 2:30–6:45pm
Anatomy of the pelvis
- Saturday, February 8th – 2:30–6:45pm
Anatomy of the torso and ribcage
- Saturday, March 8th – 2:30–6:45pm
Anatomy of the shoulders and upper arm
- Sunday, April 6th – 9:30am–12:30pm
Anatomy of the lower arm, forearm , wrist and hands
- Saturday, May 3rd – 2:30–6:45pm
Anatomy of the head and neck
- Saturday, June 7th – 2:30–6:45pm
Anatomy of respiration
- Saturday, July 12th – 2:30–6:45pm
Anatomy of the spine and therapeutics
- Saturday, August 9th – 10:30am–1:30pm
Anatomy of scoliosis and yoga therapy

2) Yoga philosophy with Salvatore Familia

Topics to be posted soon!

Saturday sessions are from 2:30–6:45pm

Sunday sessions are from 1:30–5:45pm

Fees: \$75 per workshop

- Saturday, October 19th & Sunday, October 20th
- Saturday, December 14th & Sunday, December 15th
- Saturday, April 5th & Sunday, April 6th
- Saturday, September 13th & Sunday, September 14th

3 Kashmir Shavism, Tantra, meditation and pranayama in the Tantric Tradition with Mary Reilly

- Saturday, November 9th – 2:30–6:45pm Fee: \$75

4) Ayurveda & Yoga sister sciences with Anu Butani

- Sunday, January 12th – 2:30–6:45pm Fee: \$75

5) Urban Zen Yoga – Yoga for Cancer with Marybeth Charno

- Sunday, June 8th – 2:30–5:30pm Fee: \$75

6) The Way of Liberation with Lorraine Aguilar

The spiritual teachings of Adyashanti – Meditation practice

- Sunday, June 13th – 1:30–5:45pm Fee: \$75