

April 24-26

Anatomy for Yoga Instructors

Three days to better your teaching by understanding anatomy

**DAY:**

Friday
Saturday
Sunday

TIME:

1:00 pm - 5:30 pm
1:00 pm - 7:30 pm
11:00 am - 5:30 pm

TOPIC:

hands, arms, shoulders & neck
core & back
feet, knees, hips & pelvis

COST:

\$300 for all three workshops (*until April 1st*)
\$450 for all three workshops (*after April 1st*)

INCLUDED:

"Anatomy and Asana" – by Susi Hately
"Key Muscles of Hatha Yoga" – by Ray Long

LOCATION:

Whole Yoga, 1735 E 17th Ave, Denver, CO 80218
(303) 333-9642 (*for directions or location questions*)

REGISTER:

www.jlmtherapeutics.com (*under workshops*)

QUESTIONS:

Call (720) 935-9980 or email josh@jlmtherapeutics.com

INSTRUCTOR: Josh McGirk E-RYT 500

Josh's approach to anatomy is that it should be applicable to what we actually do as yoga instructors! Like learning how to teach poses, anatomy is a new language that can only enhance our teaching skills and bring our students to a new appreciation of the human body. Josh has a BS in Biology and Chemistry, has been practicing massage therapy for fifteen years and has been teaching yoga and anatomy courses to yoga teachers nationally and internationally for over ten years.