

Anatomy & Yogasana I & II

Annamaya Kosa; Patanjali states pratyaksa (direct experience) is the path to knowledge. We will review joints, muscles and fascia and build on your assessment skills. Learn/review the application of anatomical terms like prime mover, synergist and antagonist and reciprocal inhibition theory as it applies to yoga and functional anatomy. This workshop will, help you identify and correct common imbalances and to directly apply this knowledge in your MT practice or yoga classes. From here we will advance to **Pranamaya Kosa** and systems, the anatomy of the breath from both eastern and western perspectives and pelvic floor health. Last we will look at yoga therapy and chronic pain applications in the context of the current pain science model. Extensive handouts, power point tools and hands on. We will be doing plenty of yoga to let the intelligence of the mind learn kinetically. No prior yoga experience required.



Anatomy & Yogasana I: The Foundation from standing asana to Inversions

1. Lower body, Foundation poses
2. Pelvic Girdle & Hip Openers
3. Supple spine, Backbends & twists
4. Shoulder girdle & Inversions

Total: 12 hours

Anatomy & Yogasana II: Moving Inward

1. Pranayama and anatomy of the Breath
2. The Pelvic Core and Diaphragms
3. Benefits of yogasana for LB pain – research based

Total 12 hours

Recognized by CMTBC 14 PE, 24 primary credits with MTAA, MTAS, MTAM
CMTNL, IYAC, CMTO, MTANS, Yoga Alliance CE credit

⚡ Leigh Anne Milne RMT, E-RYT500, CIYT, is a NS and BC Canada registered massage therapist, past member of CMTO and licensed massage therapist in the state of Hawaii. Leigh has served as faculty at Massage Therapy schools in Canada and in Maui, Hawaii. She is a RMT since 1990, certified personal trainer, E-RYT 500 and certified in the Iyengar yoga method. Leigh has traveled to India to study yoga with the Iyengar family many times where she has assisted in medical classes and trained with Fr Joe in yoga for addiction recovery. Her interests are Iyengar yoga, health care, specifically chronic pain/suffering, and health education. Leigh leads courses and retreats internationally. www.sadhanayoga.ca

Location: Salt Spring Island, BC. Exact Location TBA

Dates: June 25th – 29th, 2021. Friday 3 PM until Tuesday noon

Cost & Registration: Total cost for A&Y I&II course, shared accommodation and most fabulous gourmet vegetarian meals \$1800 CAD, \$900 deposit must be received before March 1st, 2021, or cost is \$2000 if received after March 1st. Remainder due by May 1st, 2021. Airfare, ground transport, gratuities and entertainment not included. Rate based on per person, shared room. To Register email Leigh leigh@sadhanayoga.ca or call 250.221.9642 to request registration form.

I didn't want the course to end! Incorporating the anatomy and Iyengar yoga together was brilliant. I look at assessment through a whole other lens now...I have been incorporating the information I have learned with pretty much every client that comes through the door... RMT, SSI, 2016