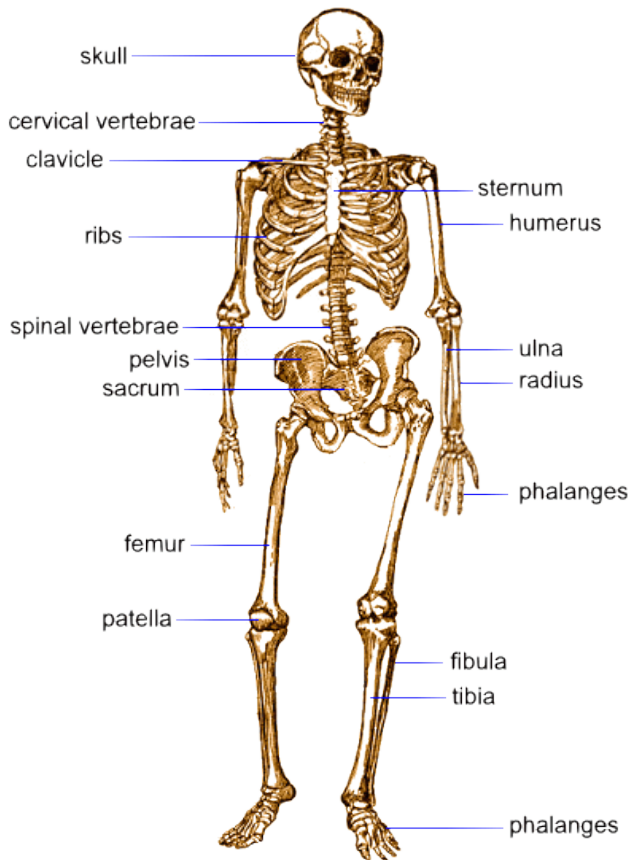


Yoga Anatomy Workshop

with Matthew van der Giessen
Learn About Your Body Through Your Body

Saturday April 16th and Sunday April 17th



Learn how the structure of your body influences your exploration of Yoga. We will use a variety of palpation, movement, asanas and props to help you discover the inner patterns of your body.

SATURDAY

1. The Building Blocks: Tissues and Systems, including muscles, nerves, connective tissue, bones and joints
2. Moving from the Core: Spine, Rib Cage and Pelvis
3. Creating a Dynamic Foundation: Hips, Legs and Feet.

SUNDAY

1. Reaching into Life: Chest, Shoulder and Arms
2. Finding Length: Spine, Neck and Head
3. Integration: Understanding Whole Body Patterns.

We would like to offer this workshop for those of you who want to have a deeper understanding of basic yoga anatomy and how the body works to enhance your experience within your own practice.

DATES: SATURDAY APRIL 16 & SUNDAY APRIL 17

TIMES: 9am-3pm each day

PRICE: \$200

ABOUT MATTHEW VAN DER GIESSEN

A massage therapist and educator, Matthew van der Giessen has been teaching anatomy to yogis for more than a decade. In addition to his well-developed understanding in anatomy, Matthew draws upon the knowledge base of a number of somatic practices, helping students enter more deeply into the body as a lived experience. Matthew teaches anatomy for the SATTVA School of Yoga Teacher Training Program.

