

YOGA

Anatomy Immersions

WITH Ada Lusardi



SATURDAYS
Jun 26, Jul 24, Aug 28, 2010
1:00 to 4:00 PM
\$45/session (no drop-ins)

6.26 Finding Freedom from the Hips

Healthy range of motion and balanced muscle development in the hip joints is essential for walking, standing, sitting and yes, Yoga! In this workshop we'll explore the anatomy of the hip joint, its movements, healthy alignment, and practice Asana to cultivate balanced flexibility and strength.

7.24 Demystifying the Shoulder Girdle

Through exploration and asana we'll look (and feel) deeply into the hardware and software of the shoulder girdle. You will learn its anatomy, actions, alignment, and how its component parts must dance around one another to facilitate healthy shoulder mobility and stability.

8.28 Examining the Extremities

The hands and feet are our foundation in arm balances and standing postures, yet are often overlooked unless we have pain or injury. You will learn about their anatomy, relationship to elbows and knees, movements and healthy alignment in weight bearing postures.

All workshops are appropriate for teachers and students with at least one year of consistent practice. CEC's are available through *Yoga Alliance*. Please bring pen & paper and your favorite anatomy book should you have one. Space limited. For information call 510.552.0155 or email ada@adayoga.com.



Ada Lusardi creates an inviting environment in her classes and workshops combining expertise, compassion and exacting individual guidance to provide a challenging yet accessible practice for students of all abilities and ages.

Based on more than 15 years of meditation and yoga training, and with her extensive knowledge of physiology and anatomy, she guides students to new levels of growth and healing. Her passion for movement springs from her experience as a professional dancer, Pilates teacher, Iyengar yoga instructor, and yoga teacher trainer. Ada is inspired by the dedication of her students, and is deeply grateful for the guidance provided her by her teachers. She leads classes and retreats throughout California's Bay Area, and, more recently, Portland, Oregon.

Register at www.adayoga.com