

The “Why” Anatomy of Yoga

25 Hours CE with Dr. Todd Drybread at Zuda Yoga Folsom

February 27-March1, 2020

**This workshop qualifies for Yoga Alliance Continuing Education 25 hour Credit hours.*

**This Workshop is a qualifying part of 300hr Zuda Teacher Training program.*

Prerequisites: None. Open to all students and teachers with a basic understanding of yoga

Description:

This program will change the way you understand yoga and how you practice. Understanding the Anatomy of your body and the Anatomy of yoga, will allow you to deepen your practice in a safe, more empowering way. Dr. Todd’s “The Why Anatomy of Yoga” programs, take the traditional learnings of the body’s anatomy and physiology and not only applies it to your yoga practice, but gives you a deeper insight to the why of it all. Rather than teaching you about the body, he teaches you about your body.

No two bodies are the same. Everyone’s bones and muscles are slightly different. Understanding what is happening in your body and brain, can change the way you experience your body in every yoga pose.

For those who teach, you will gain tools on how you speak to the poses while teaching a class as well as providing insight to create and teach classes in a powerful and meaningful way.

The “Why” Anatomy of Yoga 25 hour workshop will include lecture, practice and hands on teaching over 1 long weekend.

Content:

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Principles Covered:

- No two bodies are the same.
- Just because two people look the same, they are not experiencing the pose the same.
- A deeper understanding of what is happening in a pose and the “Why” behind each pose.
- The neuroanatomy of the brain and understanding how and “why” yoga works on the mind

- When you are limited by your physical body, learn how to experience the pose more fully.
- What causes certain injuries and how to avoid them.
- Use your anatomy knowledge to give simple but powerful cueing.
- Ability to create a powerful, well balanced class.
- An understanding of taking students into a pose based upon function rather than aesthetics.
- Other topics included: Pranayama, Fascia, Biotensegrity, Yin vs Yang, Anatomy of Sequencing and more.

Dates and Tuition:

\$375

\$325 Early Bird: Register before January 31, 2020

Dates:

Training schedule:

Thursday 2/27/20: 6pm - 10pm

Friday 2/28/20: 6pm - 10pm

Saturday 2/29/20: 11am - 8pm

Sunday 3/1/20: 9am - 7pm

**Take your understanding and practice to a deeper level.
To Register: Call Zuda Yoga 916-985-4428**