

The “Why” Anatomy of Yoga: Anatomy Principles On the Mat

With Dr. Todd Drybread at Zuda Yoga in Folsom

Saturday, March 12

11am - 2:30pm

Cost: \$45

2 hour Anatomy Interactive lecture
75 minute vinyasa class applying principles used from lecture
15 minute closing discussion

Why doesn't my pose look like theirs?
Why are some poses easier for me than others?
Will I ever be able to stretch that deep or bend that far?
What is good pain verses bad pain?
What is the purpose of this pose?
Why am I doing this????

Dr. Todd had been teaching his unique principles of anatomy and yoga for years for Yoga Teachers and Assistants, now he has created a workshop for the student. Understanding the Anatomy of your body and the Anatomy of yoga, will allow you to deepen your practice in a safe, less frustrating and more empowering way. In this workshop, Dr. Todd takes the body's anatomy and physiology and not only applies it to your yoga practice, but gives you a deeper insight into the why of it all.

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

Goals:

- An understanding of the purpose behind each Yoga pose
- A deeper understanding of your body and your yoga practice
- An appreciation of your own strengths and limitations in your practice
- Ability to experience your practice in a more fulfilling and empowering way.

In this workshop you will learn:

- No two bodies are the same.
- Just because two people look the same, they are not experiencing the pose the same
- The difference of muscle tightness verses bone/tissue compression
- What is happening with specific joints in each pose
- What the purpose is behind each pose
- When you are limited by your anatomy, learn how to experience the pose more fully
- What causes certain injuries and how to avoid

**Take your understanding and practice to a deeper level.
To Register: Call Zuda Yoga 916.985.4428**