



TENTH GATE YOGA

Glen View . 1046 East Main Road . Portsmouth . Rhode Island 02871

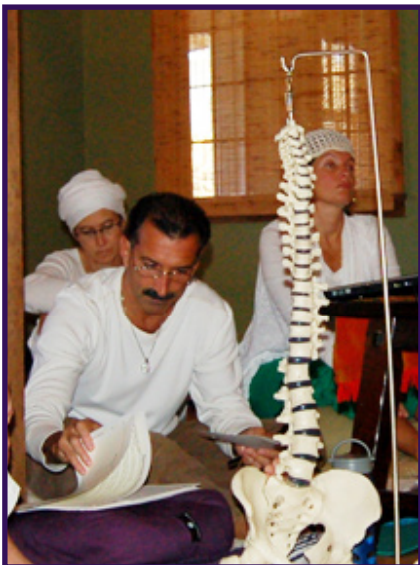
Basic Applied Anatomy for Yoga

With Ed Cardinal

Sunday, Jan. 29 and Feb. 5 12:00-5:00 pm

FEE: \$160 Early Registration by Jan. 14

\$175 after Jan. 14



Ed Cardinal is a skilled Thai Yoga bodyworker, licensed physical therapist, certified personal trainer (NSCA-CPT), and holds a Masters degree in Counseling. He completed his 200 hour Yoga Teacher certification in 2001. Ed has conducted anatomy and Thai Yoga Bodywork workshops for personal trainers, bodyworkers and Yoga instructors since 2007. His diverse complimentary background and strong organizational skills enables him to deliver a comprehensive educational experience. Eager to incorporate a holistic approach to healing and wellness, Ed founded SOL Integrative Wellness in 2004 (www.solwellness.com).

Yoga Teachers or anyone interested in learning more about anatomy will benefit from this exploration of the structure and function of the musculoskeletal system and how it relates to Yoga asana.

- ◆ Expand your perspective of the miraculous body in this highly experiential journey into physical anatomy.
- ◆ Learn proper and safe alignment of the joints and ways to modify Yoga postures to avoid common injuries.
- ◆ Develop your capacity to observe structural and proportional differences in yourself and others while cultivating kinesthetic awareness of your own physical body.

Demonstration, palpation, individual, partner and group experiential modules will guide students on the path of exploration.

**Register online: www.tenthgateyogacenter.com
or call 401.683.YOGA (9642)**