

Yoga From the Inside Out

An exploration of the functional anatomy and physiology of yoga!

Make this the year that you connect more deeply with your body and your yoga. **Over three Sundays in January**, Yoga from the Inside Out will change your experience of poses and your practice forever. **Who needs this course?** Yoga teachers and students looking to excel and make the most of their practice time. **What is it?** An intimate hands on workshop, limited to 15 participants, 12 hours over three Sundays in January.

"Absolutely fantastic session – fabulous, knowledgeable presenter," participant, "The Yoga Shoulder" [Canfit Toronto 2008](#)

What will you learn?

How to see beneath the skin. **Spot** common postural faults and correct them. **How** knowing the anatomy of your spine, shoulders, hips, arms and legs can ignite your yoga practice and give you the confidence to become your own best teacher. How to adjust students in poses. **Common** muscle imbalances – identify your own and learn to spot them in students.

Why some poses elude you, and how to unravel them. A hint: muscle imbalances that keep you weak in some muscles while other muscles overcompensate and stiffen. **The risks** in common poses, and how you can make them safer for yourself and your students.

Dean Smith is a former dancer, respected physiotherapist, and international lecturer/teacher from Vancouver. Dean began studying Iyengar yoga with Gioia Irwin 25 years ago and did his teacher training with Gioia in the early 90's. Dean has been teaching workshops in yoga, anatomy, pathology, biomechanics, muscle balance and muscle function in Canada, the US and overseas for over 15 years. In this workshop he melds his deep experience of physiotherapy and yoga to bring yoga anatomy alive for you.

When:
January 10, 17, 24
From 2-6

Where:
Yoga on 7th
156 East 7th Ave
604.879.YOGA

Cost:
\$80 per session
\$220 for all 3

