

YOGA SPIRIT ACADEMY
YOGA TEACHER TRAINING IN TULSA

Anatomy for Yoga

June 23, 24, 30 and July 1

1:00-6:00 pm

Cost: \$300

\$50 deposit holds your space. Payment in full is due by June 16. Beginning June 17 the cost of the course is \$320. *Space is limited*

Location:

Tulsa Yoga Meditation Center
5319 S. Sheridan Rd.,
in The Farm Office Building, 51st and Sheridan, across from Pier 1 Imports

Required books:

Anatomy of Hatha Yoga by H. David Coulter (Body and Breath, 2010) and *Yoga Anatomy* by Leslie Kaminoff and Amy Matthews (Human Kinetics, 2012, 2d ed)

This 20-hour course in yoga anatomy and physiology offers a hands-on experience of how muscles, bones, and connective tissues function in yoga postures. Explore standing, back bending, forward bending, and twisting postures in-depth, with additional explanation of the physical effects of relaxation and meditation. Dress comfortably for yoga practice. Bring a yoga mat and notebook. Those who attend the entire 20 hours will receive a certificate of completion. This course meets the 20-hour anatomy requirement in Yoga Spirit Academy's 200-hour yoga teacher certification program.

About the instructor: Janet W. Parachin, Ph.D., is a Certified Yoga Therapist Yoga and Ayurveda Wellness Consultant, and Director of Yoga Spirit Academy. She has over 1500 hours of training in anatomy, restorative and therapeutic Yoga and Ayurveda. She teaches so that all may know freedom and ease in body, mind and spirit.

Yoga Spirit Academy
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Yoga Spirit Academy is licensed by the Oklahoma Board of Private Vocational Schools and registered with The Yoga Register.

"Anatomy for Yoga" registration form

\$50 deposit holds your space

Form of payment

Check enclosed
Amount enclosed

Pay on Paypal.com
Send to
jparachin@cox.net

Please return this form by mail to YSA

Name _____
Address _____
E-mail _____
Phone _____