

YOGA ANATOMY

WORKSHOP

With

David Keil

Applied anatomy for yoga practitioners
(appropriate for students and teachers)

Savannah Yoga Center

1321 Bull St. (912) 232-2994

Savannah, GA 31401

March 6 – 7

\$175 before Feb 24th

\$200 after Feb 24th

Register at www.savannahyoga.com

Saturday 9:00-11:30am Anatomical Ideas

- Introduction to the overall dynamics and systems of the body: fascial network, muscular principles and functions, skeletal system and how it all applies to yoga.

Saturday 1:30-4:30am Exploring the Leg

- The foot/ankle relationship to posture.
- The knee, one of the most complicated joints and why it's so prone to injury.
- The hips as a powerful mover of the legs, a platform for the torso and why they're so tight!

Sunday 9:00-12:00pm Spine and Psoas

- The pelvis as the foundation for seated postures
- The spine: understand how and why it functions and dysfunctions the way it does!
- The psoas-muscle: the single most important postural and structural muscle in our body.

Sunday 1:00-3:00pm Breath and Arms Sunday

- Breathing is a primary act of life. It links everything together in the practice and is our gateway to the subtle components of the practice!
- How do arms and the complex shoulders affect our practice?

With a better understanding of your body comes a new perspective of your asana practice. No one else can feel and hence adjust yourself better in a yoga-pose than you! Learn how muscles, bones and fascia restrict/enhance movement and shift your practice to a whole new level. David presents anatomy in an easy and fun way - always related to the yoga practice and loaded with practical exercises so you can feel and experience it for yourself.

David Keil is an Ashtanga practitioner and Authorized teacher who has traveled around the world teaching this workshop to yoga practitioners and teachers. The simplicity and accessibility of the information as David presents it brings the anatomy alive in a way you've never experienced and allows you to make your own connections to your practice. www.yoganatomy.com