

# Applied Anatomy: The Psoas

**Saturday**  
**December 4**  
**2:00 - 4:00 pm**  
*\$30 (register online)*

In this asana-oriented workshop we will look at the basic anatomy of the psoas and iliacus muscles: where they originate, traverse and insert. With focused floor exercises we will learn to access and lengthen the psoas and the iliacus. Through forward bending postures we will learn to relax and soften the psoas. We then will explore the role of the psoas in backward bending postures. Appropriate for all levels of practitioner.

**The next session, Traversing the Transverse Abdominus, will be held January 8, 2011**



Instructor **Asha Wolf, DPT** holds a Doctorate in Physical Therapy, is a Certified Movement Analyst and has been teaching yoga for over 18 years. Asha has a private therapy practice specializing in chronic pain issues and injury rehabilitation through yoga.



## Please Restock Registration Forms