

Applied Anatomy: Shoulder Injury Prevention and Rehabilitation

**Saturday
January 8**

2:00 - 4:00 pm

\$30 (register online)

Don't let shoulder injuries or concern of injury keep you from enjoying your yoga practice! In this workshop we'll explore how to prevent common shoulder injuries and ways to rehabilitate the shoulder area after injury. Ashtanga Yoga is sometimes seen as stressful on the shoulder joint, but this workshop will teach correct alignment that prevents injury as well as ways to adjust your practice to make it therapeutic. We'll practice ways to safely move through Sun Salutations as well as how to open the shoulders for backbends and arm balances.

Open to all levels of ability.

The next session, Traversing the Transverse Abdominus, will be held February 5, 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.

 **Yoga Workshop**
WWW.YOGAWORKSHOP.COM