

Applied Anatomy Intensive

w/ Asha Wolf

This valuable intensive is ideal for:

Yoga Teachers, Bodyworkers, Movement Therapists & Yoga Students

This 21-hour course includes the following:

- Lectures and discussions on human anatomy
- Practicum on application of anatomy to yoga asana
- Detailed yoga and teaching practices for various applications.
- Q&A discussion sessions
- Course-specific handouts.
- Certificate of completion + 21 qualified contact hours for Yoga Alliance's continuing education credit



Asha Wolf holds a Doctorate in Physical Therapy and is a Certified Movement Analyst. She brings to her yoga teaching over 20 years of exploration of our internal landscapes through anatomy, physiology, movement and a variety of body-mind modalities. Her teaching style is direct, clear and accessible with a nurturing hands-on approach.

"An amazing workshop. Asha made complicated topics clear, tangible and accessible for everyone. I feel excited to put my new knowledge to work on and off the mat!" -Erin Hardy



November 21-23, 2014

Friday 12p-7p Saturday 11:30a-7p Sunday 11:30a-7p

\$350 early reg. by Nov 7th, \$375 after 21 CEU

Soul Tree Yoga 422 E Simpson Street Lafayette, CO 80026

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