

Advancing Your Teaching Skills: Inner and Outer Anatomy of a Yogi

For Yoga Teachers, Body Workers and Experienced Yoga Students

Saturday, September 11, 8am-6pm

\$175 full day--pre-registration required

This workshop is being offered as part of the 500 Hour Yoga Teacher Training with Laurel Hodory, MS, ERYT500 in Columbus, OH. Meets at 2994 McKinley Avenue in Columbus, Ohio.

Participants will:

✓ Receive a certificate of completion for 8.5 hours
Yoga Alliance Continuing Education Credits.

✓ Be eligible to apply credit hours to the 500 Yoga
Teacher Training with Laurel Hodory starting
January 8, 2011, upon acceptance into the
program. Applicants must be 200 RYT. More info
at www.laurelhodory.com.



Register online at
www.laurelhodory.com/shop

This interactive workshop will cover:

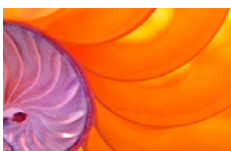
8-1015am - Inner Anatomy of a Yogi: Led pranayama, meditation and asana practice with Indubala Bhardwaj, a guru in her own right that sat at the feet of her teacher, Yogiraj Sharm Shastri for 22 years

1015am-1230pm - Inner Anatomy of a Yogi: Lecture and discussion on the inner anatomy of a yogi's heart and the first chapter of the Bhagavad Gita with Indubala Bhardwaj, it's historical context and why this seminal work is so important to the study and teaching of yoga. An excellent refresher for those familiar with the topic and a great introduction for those new to it!

2 - 6pm - Outer Anatomy of a Yogi: Lecture, discussion and hands-on anatomy and physiology of the physical body of a yogi. Gary makes studying anatomy so fun and easy to understand! This lays important groundwork for all future anatomy studies offered as a part of the 500 YTT.

Indubala Bhardwaj, E-RYT 500, LMT, has studied Yoga since 1968 and also teaches Sanskrit and Yoga Philosophy. She is an Advanced Integral Yoga Teacher / Therapist certified in Cardiac Rehab Yoga and has a professional background in ballet and East Indian classical dance. She is a former vice president of the Hindu Temple, and a graduate of the Canadian College of Massage & Hydrotherapy. She lectures and conducts courses on Sanskrit and Yoga/Hindu philosophy. Indu is also a certified Ashtanga teacher and is one of the founders of the It's Yoga Cincinnati.

Gary James, LMT is a yogi who is also a Licensed Massage Therapist specializing in therapeutic pain relief. His 14 years experience includes over 350 hours of continuing education in areas such as Muscle Release Technique, Postural Analysis, Neuromuscular Therapy, Myofascial Release, Ortho Release, Craniosacral Therapy, TMJ Treatment and Reiki. He has a Masters of Education and has taught Anatomy and Physiology to massage students for over 7 years. His approach is lively and unique; by using everyday experiences and engaging examples, students will find themselves easily understanding this otherwise daunting subject matter.



"If you believe you can, or you can't, you're right."
--Henry Ford