

Yoga at the Village
Continuing Education Workshop Series*
for teachers and students interested in deepening their practice.

Anatomy and Yoga: Parts 1, 2 and 3

A Workshop Series *with* Keri Frankenstein, LMT, RYT 200, LMU YT RxiI

This three-day anatomy intensive is highly experiential with an emphasis on sharpening the yoga student and teacher's perceptual skills. Understanding anatomy helps to better assess the needs of students and gives the practitioner one more tool to use in sequencing an intelligent yoga practice. **Teachers: This class series satisfies the anatomy CEU requirement toward Yoga Alliance renewal.*

3 Saturdays, February, 13, 20 and March 20, 2010 • 10:30am - 1:30pm

(Workshops may be taken individually or as a series)

Workshops will be limited to a small number of students. Please register early.

PART ONE: Functional Anatomy - Core & Upper Body

PART TWO: Functional Anatomy - Core & Lower Body

** Note: Weeks one and two may be taken individually but will be beneficial together.*

PART THREE: Sum of the Parts

** Note: Week Three can be taken on its own but would benefit from one of the first two.*

Workshop Fee: \$45 per workshop; \$35 each for two or more



Keri Frankenstein is a Massage and Yoga Therapist. With her knowledge of anatomy and fitness background, Keri was hired to teach Anatomy and Massage for the Massage School of Santa Monica in 1999 and Yoga at the Village in 2008. She teaches and assists Yoga Therapy classes with Sherry Brouman on the Westside. Keri believes in the synergy of bodywork, breath and movement.

***TEACHERS:** Earn 3 continuing education units per workshop, toward your Yoga Alliance renewal.

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