



Bodhi Tree Yoga

presents

Moving Into Asana: Deepening Your Body Awareness

a workshop series for students and teachers

with **Cathy Dasson, ERYT-500, YACEP**

In this series of workshops, we will focus on the exploration of the anatomical movement required of basic yoga poses. These workshops are for you if you are curious about moving beyond the outer form of the pose; experience pain during your practice; and if you are eager to build an asana practice that moves from a pure range of functional movement.

Each session will be interactive with rich discussion around movement, basic anatomy and biomechanics and a thorough exploration of movement habits and patterns.

Saturdays, 1:00 - 4:00pm:

January 12: Session 1: Basic Standing Poses

February 23: Session 2: Basic Supine & Sitting Poses with Forward Bends

March 16: Session 3: Basic Backbends

April 27: Session 4: Basic Twists & Core

Workshops can be taken individually or as a series. Completion of each session is eligible for 3 CEU hours with Yoga Alliance, or 12 hours for all four sessions.

\$45 per session OR \$165 for the series

REGISTRATION DEADLINE: January 3

Space is limited to 15; advance registration required

For Students and Teachers: Gain a greater awareness of how your body moves into the yoga poses, reduce tension, create better function, ease and freedom in your daily activities.

For Teachers: Move away from the alignment maps in asana, improve your ability to see how your students are moving, and explore common cues used to teach classes and whether they are helpful.

Cathy Dasson has been teaching yoga since 2003 and has most recently completed training programs with Yoga Therapist, Susi Hatelly and bio mechanist Katy Bowman. Cathy's passion is helping others find ease in their bodies through movement, breath and stillness.

For more information, please visit us at
www.bodhitree-yoga.com