



ANATOMY OF YOGA

Tuesdays, September 14 - December 14 (no class Oct 12, Nov 23; 12 weeks)

9:30am-11:00am

Ages 11+

Students are introduced to the muscular and skeletal systems including their form, function, and movement as we explore yoga poses that focus on different muscle groups each week. Student are encouraged to bring a yoga mat, if desired, however, this is an anatomy class, not an exercise class. All lab costs are included in registration fee.

Instructor: Nannette Reese, MSc, MEd

Location: STEM Lab (suite 21)

Course fee: \$275 OR \$25/lab

Early registration (10% off) through August 6

10% sibling discount beginning August 7

Register for full semester or individual labs.

LAB SCHEDULE:

Movement and Muscles – Tuesday, September 14

Students review planes of movement and direction, functions of the muscular system and explore the muscles of the neck through several yoga poses.

Shoulder Anatomy – Tuesday, September 21

We study the complex movement of shoulder joints, as well as how muscles contract during poses involving shoulders.

The Skeletal System – Tuesday, September 28

Today, we use yoga postures to investigate the functions of the skeletal system, types of bones, and muscles of the upper arm.

The Axial Skeleton – Tuesday, October 5

Students learn the bones of the axial skeleton and explore the muscles of the forearm as they contract and relax.



The Appendicular Skeleton – Tuesday, October 19

We review the appendicular skeletal system and muscles of the upper torso while practicing several yoga poses.

Joint Anatomy – Tuesday, October 26

This week, we focus on different types of joints and explore yoga poses that focus on engaging back muscles.

Muscles of the Core – Tuesday, November 2

Students learn about connective tissue and practice strengthening abdominal muscles through several yoga poses.

Our Hips – Tuesday, November 9

We discuss the important functions of the joints and muscles of the pelvis and feel the complexity of hip joints with a few yoga postures.

What is Facia? – Tuesday, November 16

Today, students discover the role of facia in the body and study the muscles of the front of the leg.

Systems of the Body – Tuesday, November 30

We review the systems of the body and their functions, as well as investigating the muscles of the back of the leg with yoga poses.

Movements of the Leg – Tuesday, December 7

Students explore the functional group of muscles that work together to make our legs move and investigate the knee joint.

Anatomy in Yoga – Tuesday, December 14

Students continue with their investigation of leg and foot movement and discuss modern science in yoga.