

Yoga for the Spine Immersion

with Andrea Peloso

**FRIDAY, MAY 3 TO
SUNDAY, MAY 5, 2019**

This immersive and applied training will provide participants with an understanding of how to genuinely benefit and protect the spine in yoga – a subject often misunderstood and even avoided in contemporary yogic education.

As we go through each course component, participants will “taste test” each asana and then see the residue created in the body. Andrea will make sure that each person has the intended experience of each exercise. We will make anatomy lessons and biomechanics simple and explore five different ways to help the spine and pelvis in yoga: biomechanics, traction, strengthening, stretching, and relaxation combined. We will experience first-hand how to make the spine feel fantastic in asana and keep it free of injury. We will also discuss related concepts of non-violence and the modern context of yoga as it is generally taught in the west. Come prepared to have fun, explore theory and practice, unpack postural analysis, and learn how yoga benefits the spine.

ABOUT ANDREA



Smitten with yoga at age 15 and teaching since age 22, Andrea has 18 years of teaching experience and over 2000 hours of yoga training with many senior teachers including Ramanand Patel, Francois Raoul, Chuck Miller and Maty Ezraty. She has more than 800 hours of study with Judith Lasater who she has assisted and studied with since 2004. She shares yoga in Canada and in the United States, Japan, Europe and Oceania offering teacher trainings and workshops in Restorative Yoga, Applied Anatomy, Asana, and full teacher trainings. She has a

degree in Philosophy including Eastern and Indian Philosophy. Her articles and podcasts can be found online. andreapeloso.com

DATES AND TIMINGS

Fri 6–9 p.m.

Sat / Sun ... 9 a.m.–5 p.m.

COST AND REGISTRATION

**\$325 per person
(15 hours) or**

**\$420 per person
(20 hours)**

which includes certification