

# Advanced Anatomy

for Yoga Teachers and Practitioners

*Save the dates!*

Part 2, Lower Extremities:  
Sunday, June 10, 2012

Part 3, The Spine:  
Sunday, September 16, 2012

## a 3-Part Course

with Florence Corcoran

Orthopedic Physical Therapist &  
Certified Yoga Teacher

## PART 1: The Upper Extremities including Injury, Pathology, and Protection in Asana

*Sunday, April 15: 1:00 - 4:00pm*



This workshop is designed to help you understand the structure and anatomy of the upper extremities, including their abilities and vulnerabilities. We will discuss the following as a way for you to practice and/or teach yoga with greater knowledge of many of the key factors in having a healthy and productive yoga practice.

- *Understand regional upper extremity anatomy more clearly*
- *Learn about anatomical vulnerabilities, and relate them to asana, including why we misalign.*
- *Understand common musculoskeletal injuries and pathologies*
- *Understand how to support/protect various musculoskeletal injuries in asana practice*

This is not a course designed to teach you how to diagnose & treat injuries, however, it will help you in creating and sustaining a healthy and strong yoga practice, and give you some tools for dealing with an injury you may currently have. We will discuss Asana that are relative to this area of the body, and will examine poses that are particularly challenging for the Upper Body. We will also discuss alignment in asana, and what is vulnerable in many of the fundamental postures.

*This workshop is part of The Yoga Loft's 300 Hour Advanced Teacher Training Program, and is also open to the public. Teachers who are enrolled in the training, as well as teachers taking the course independently, will receive a certificate of completion that is applicable for Yoga Alliance CEUs.*

**cost: \$75**

**pre-registration required**



The Yoga Loft  
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Bethlehem, PA 18015  
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Florence Corcoran is an Orthopedic Physical Therapist who specializes in spine care, as well as a certified yoga teacher. The fusion of her human anatomy and yoga asana knowledge has helped her develop both her Yoga and Physical Therapy practices and gives her a unique teaching perspective on yoga. "Posture, strength and mobility are so critical to musculoskeletal health and our daily pain-free function and Yoga, taught and practiced correctly, is an excellent tool for gaining and maintaining all three."

[www.TheYogaLoftOfBethlehem.com](http://www.TheYogaLoftOfBethlehem.com)