

**Yoga Spirit Academy
Yoga Teacher Training in Tulsa**

Anatomy for Yoga

September 6 and October 4, 2008

8:00 am — 6:00 pm

Cost:

\$225 for Yoga Spirit Academy students
\$250 for all others

Location:

East Side Christian Church Activity Center
1427 S. Indianapolis
One block east of 15th Street and Harvard Ave. in Tulsa

Refrigerator and microwave available, plus many restaurants nearby for lunch

This 2-day 20-hour course in yoga anatomy and physiology offers a hands-on experience of how muscles, bones, and connective tissues function in yoga poses. Explore standing, backbending, forward bending, and twisting postures in-depth, with additional explanation of the physical effects of relaxation and meditation. Dress comfortably and bring a yoga mat. Optional:

Bring 2 blankets, 2 blocks and a strap. Books: *Anatomy of Hatha Yoga* by H. David Coulter (Body and Breath, 2001) is required for this course and *Yoga Anatomy* by Leslie Kaminoff (Human Kinetics, 2007) is recommended.

Those who attend the entire 20 hours will receive a certificate of completion. This course meets the 20-hour anatomy requirement in Yoga Spirit Academy's 200-hour yoga teacher certification program.

About the instructor: Janet W. Parachin, Ph.D., is a Certified Yoga Teacher and Director of Yoga Spirit Academy. She emphasizes alignment and safety in her classes, and teaches so that all may experience the joy and freedom of yoga.

Yoga Spirit Academy

Janet W. Parachin, Director
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Tulsa, Oklahoma 74133-2518
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A \$50 deposit is due by Friday, August 29, 2008 with the remainder due on September 6.

Refund policy:
All monies paid will be refunded if requested within three days of enrolling and making a payment.
Up to September 6, 100% refund less \$25 admin fee
Up to October 4, 50% refund less \$25 admin fee

"Anatomy for Yoga" registration form

A \$50 deposit is due by Friday, August 29, 2008

Form of payment

Check enclosed
Amount enclosed _____

Pay on the website using
Paypal

Please return this form by mail to YSA

Please check the appropriate box

I am a current student of
Yoga Spirit Academy

I plan to apply to Yoga
Spirit Academy

I would like more
information about Yoga
Spirit Academy

Name _____
Address _____
E-mail _____
Phone _____