



NEW



yoga + body

anatomy workshops with Mark Uridel

*\$35 per workshop
sign up 24 hours in advance*

Visualization is an essential aspect of yoga practice. Being familiar with the underlying structures of the body and simple bio-mechanical laws of movement can further enhance the work that we do on the mat and in any other physical activity. This knowledge can help us to work safely and protect us from simple mistakes that can lead to misuse and/or injury. Join us for a series of workshops where Mark Uridel will lead you through an inner exploration of anatomy and movement as it relates to yoga. These sessions will consist of part lecture to deepen your understanding of anatomy and movement and part yoga practice to integrate the newly acquired knowledge. These sessions are open to all levels and can be used as continuing education credits(CEC's).

good for CECs



| <i>workshop topics</i> | |
|-----------------------------------|--|
| Sun, October 19th <i>4-7pm</i> | Nervous System & Organ System |
| Sun, November 2nd <i>4-7pm</i> | Introduction to the Anatomy of Movement |
| Sun, December 7th <i>4-7pm</i> | Anatomy of Standing & Seated Poses |
| Sun, January 11th <i>4-7pm</i> | Anatomy of Backbends |
| Sun, January 18th <i>4-7pm</i> | Anatomy of Inverted Poses |

about Mark Uridel

Mark has 20 years of experience and training in the healthcare field. He is a Licensed Physical Therapist, Registered Massage Therapist and Experienced Registered Yoga Teacher. He is a professional member of the International Association of Yoga Therapists. Mark integrates modern Medical Research with ancient Yoga Practices to provide a healing and transformational experience.