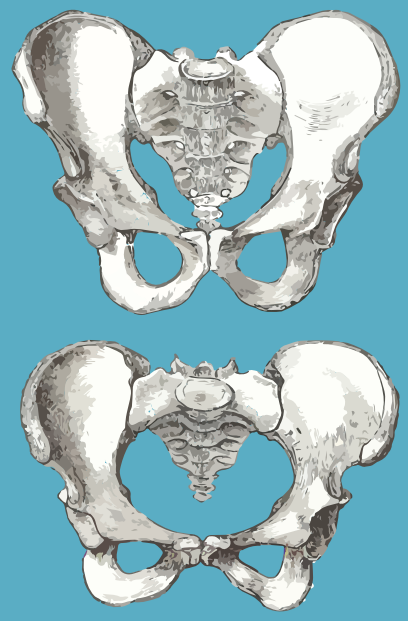


THE BUOYANT PELVIS:

How to Maintain Muscular and Structural Integrity of the Pelvis in Yoga

ONE DAY WORKSHOP COST: $125

SATURDAY MAY 7, 2016

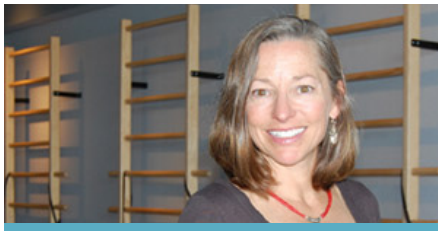
1pm - 6pm

YOGA LOKA 6135 Lakeside Dr. #121, Reno NV

Register at yogalokareno.com

Tammie Bigley, MSPT

Director of Women's Health at Ascent Physical Therapy, Tammie is a survivor of gymnastics and brings her exceptional ability to break down scientific concepts into something accessible to everyone.



Angela Sullivan

Certified Yoga and CoreAlign instructor at Ascent PT and a proud survivor of sacroiliac dysfunction. Angela's 25+ years of practice and teaching of Yoga has informed her unique approach to conveying the importance of a balanced body and the essential core teachings of Buddhism.

A balanced yogic body begins with well executed movements performed with great ease and care. ***But what is "balanced"?*** Many yogis are unaware of the normal range and function of critical junctures of the body, particularly the pelvis.

In the practice of yoga, every asana (posture) has its root in the pelvic girdle. Any misalignment of the pelvis creates imbalance. A repeated misalignment elevates the risk for injury and degenerative changes to the joints.

The purpose of this workshop is to highlight what represents normal mechanics of the pelvis and its application to a yoga practice. How to truly practice *ahimsa* (non-harming) and injury-proof your practice.

OBJECTIVES:

1. Understanding the basic biomechanics and anatomy of the pelvis and surrounding region.
2. Identifying movement dysfunction in students and recognizing the symptoms of sacroiliac joint dysfunction.
3. Practical application of sound biomechanics in asana instruction to prevent pelvic girdle injuries.

Please contact Angela at **sunmountainyoga@gmail.com** if you have questions.

CEUs for Yoga Teachers and 300 hour Teacher Training Credit available.

Students of all levels are welcome. - SPACE IS LIMITED - **Register at yogalokareno.com**