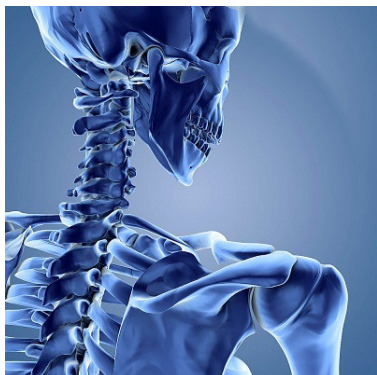


Anatomy & Therapeutics with Ellen Saltonstall



ELEMENTS
YOGA & WELLNESS CENTER



Saturday, Sept. 11th
Spine, Trunk and Breathing

Saturday, October 16th
Hips, Legs and Feet

Saturday, November 6th
Shoulders, Arms and Hands

In this anatomy and therapy training we will be exploring the majesty and intricacy of the human body in movement, and in particular, what happens inside the key joints as we practice yoga. We will study each area of the body (spine, hips, shoulders, arms, legs) in very practical, interactive and engaging ways, with attention to muscles, bones, nerves and connective tissue.

For students of Anusara yoga, The Universal Principles of Alignment will have increased power and clarity when we see how they work anatomically. If you've found the anatomy to be a dry subject, full of facts to memorize, don't worry - Ellen's enthusiasm and creative ways of conveying the information will inspire and enlighten you to a new understanding of your yoga practice from the inside out.

We will practice effective therapeutic techniques for the injuries and conditions that are most common in yoga students of all ages.

Anatomy Session:
from 12:30 - 2:30pm

Therapeutics Session:
from 3:00 - 6:00pm

***Join us for
the entire program
or register a la carte***

Investment:
Full 3 Day Program:
\$265 by 9/7 and \$325 thereafter

1 Day Program:
\$95 five days prior to start date and \$115 thereafter

Sessions a la carte:
Anatomy portion: \$40 five days prior to start date & \$50 thereafter
Therapeutics portion: \$60 five days prior to start date & \$75 thereafter

Elements is located across the street from the Noroton Heights Train Station ~ 45 minutes from Grand Central, NYC



About Ellen: Ellen is certified in both Anusara Yoga and Kinetic Awareness. In addition, she is a coveted teacher trainer and author. She has over 30 years of bodywork experience and is known as an expert in her field. She is the author of the books *Kinetic Awareness: Discovering Your Bodymind*, *Yoga for Arthritis* and *Yoga for Osteoporosis*. Books in the works include *Yoga Anatomy: the Biomechanics of Anusara Yoga*. Aside from teaching at her Manhattan studio she travels nationally and internationally sharing her knowledge of these healing modalities.

Venue:

**Elements Yoga
354 Heights Rd
Darien, CT 06820**

203-655-9642

www.elementsyoga.com