



YOGA ANATOMY

with David Keil

November 17-19, 2017 • Garden Club of St. Petersburg

SESSION ONE: ANATOMICAL IDEAS

Friday, November 17 (6:00 pm - 9:00 pm)

Our workshop will begin with creating a sense of how well integrated the body really is. Learn about the four components that allow, restrict, and create movement in the body: the skeletal, muscular, connective tissue, and nervous systems. Understand the nature of these four components, how they function together, and how they inform your understanding of movement and the practice of asana.

SESSION THREE: THE PSOAS & SPINE

Saturday, November 18 (2:00 pm - 5:30 pm)

We turn our focus to the center of the body's structure during our third session. Learn about various parts of the spine, what movements happen in the spine and where they occur, the functions/dysfunctions of the spinal discs, and how understanding each of these are essential on all levels of the practice of asana. This session will also include discussion on the single most important structural and postural muscle of the body—the psoas. Discover the real relationship between the psoas, energy, and movement; and relate the psoas muscle to the exploration and understanding of the functional bandhas that are used in practicing asana.

SESSION TWO: EXPLORING THE LEG

Saturday, November 18 (9:00 am - 12:30 pm)

During this session, explore the leg as a whole and look at the major structures that make it up: the foot, ankle, knee, and hip joint. Within the foot, special attention will be paid to the arches—how they develop, function, and their relevance to your practice. This session will also include an overview of the knee including its major functions and dysfunctions, the structure of the pelvis and SI joint, and the hip joint with discussion about hip tension's affects on the knee and spine.

SESSION FOUR: BREATHING & ARMS

Sunday, November 19 (9:00 am - 12:30 pm)

The last session of our workshop begins with breathing, an important focal point for concentration and meditation and fundamental to life itself. Explore the anatomy of breathing and understand how bandhas function as a component of breathing. We will conclude with shoulders and arms by looking at which muscles are used, how muscular effort is recruited by the body to support range of motion in the shoulder girdle, and dealing with problems—particularly wrist strains—among practitioners.

ABOUT DAVID KEIL

David Keil was introduced to yoga in 1989 by his Tai Chi Chuan teacher and ten years later to Ashtanga Vinyasa Yoga. Both the Tai Chi and Yoga practice compelled his research into his own mind-body connections.

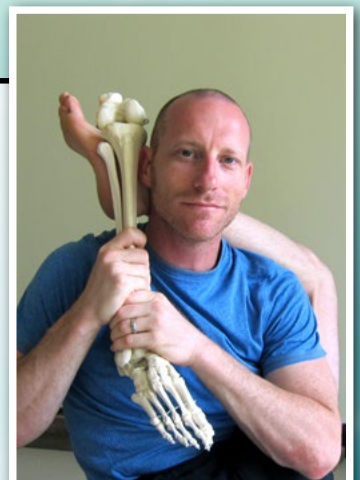
As an instructor of Kinesiology (the study of movement and musculoskeletal anatomy) at Miami's Educating Hands School of Massage from 1999-2003, David developed a fun, informal and informative style of teaching.

Over the years David has used his skills as a Neuromuscular Therapist to help people reduce their chronic pain patterns. He often brings this information into his workshops where students are

regularly uncovering painful patterns or injuries in their bodies.

In 2001, David met John Scott in Penzance, UK, while presenting his anatomy workshops for the first time overseas. The two weeks practicing with John was transformational, and David realized that he had found his teacher.

In 2002, David traveled to Mysore, India where he had the honor of studying with Sri K. Pattabhi Jois in the "old" shala. In fact, it was the last year that the old shala was used for practice. David was authorized in 2004 and returned yearly for extended visits to Mysore with his wife Gretchen Suarez. They are both Authorized Level 2.



REGISTER NOW: See reverse side or visit www.floridayogateachers.org



FLORIDA
YOGA TEACHERS
ASSOCIATION

YOGA ANATOMY

with David Keil

November 17-19, 2017 • Garden Club of St. Petersburg

PAYMENTS & REGISTRATION

Entire Weekend Workshop: \$300

FYTA Members Entire Workshop: \$285

Individual Sessions: \$85 each

FYTA Members may send a \$50 non-refundable deposit to hold your space for the entire weekend. Balance due November 1, 2017.

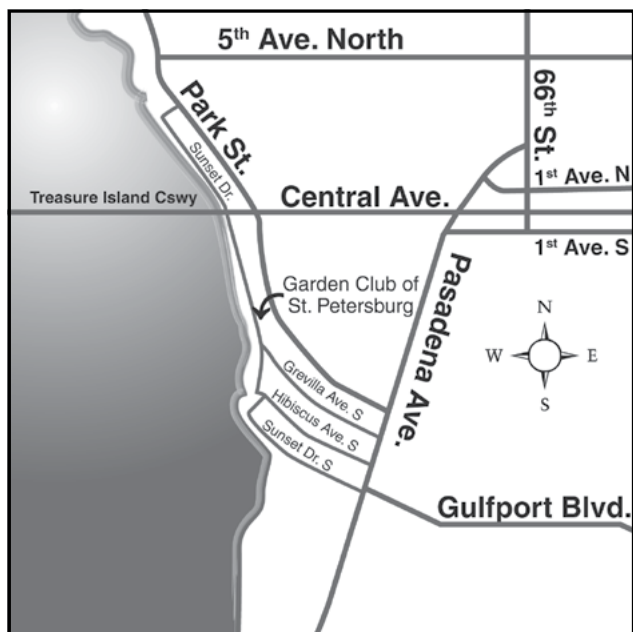
Mail Payments & Registration
To: Susan Wasserman
7015 Grevilla Ave. South
South Pasadena, FL 33707

Or pay online with PayPal at
www.floridayogateachers.org

Call Susan at (727) 347-7354
with any questions.

Garden Club of St. Petersburg

500 Sunset Drive South
St. Petersburg, FL 33707



ACCOMMODATIONS

For out of town guests (and locals who want a nice weekend away), FYTA recommends the lovely, newly renovated **Crystal Bay Hotel**, which is only a few blocks away from the Garden Club. They have offered our workshop participants a special rate for the weekend of the David Keil workshop. Go to www.crystalbayhotel.com for more information, and mention FYTA when you make your reservation.

FYTA REGISTRATION FORM

YOGA ANATOMY *with David Keil*

Name _____

Street Address _____

City _____

State _____

Zip Code _____

Phone Number _____

E-Mail Address _____

I am signing up for:

Entire Workshop
Regular Rate

Entire Workshop
FYTA Member Rate

Session One:
Anatomical Ideas

Session Two:
Exploring the Leg

Session Three:
The Psoas & Spine

Session Four:
Breathing & Arms

Enclosed is a check payable to FYTA in the amount of

\$ _____