



YOGA INJURIES

Causes, Prevention, Adaptation

with ROGER COLE

March 15-17, 2019 • Garden Club of St. Petersburg

ROGER COLE, PH.D.

Roger Cole, Ph.D. is an internationally recognized yoga teacher trained at the Iyengar Yoga Institutes in India and San Francisco. He is also a scientist educated at Stanford and the University of California. Dr. Cole has conducted yoga research and authored dozens of articles on yoga anatomy, physiology, teaching and practice. He has trained thousands of students and teachers worldwide.

This series of classes will teach you what causes the most common yoga injuries, how to avoid them, and what to do if you or your students have them. Topics will include injuries to the knee, hamstrings, sacroiliac joint, low back, shoulder, wrist and neck. Suitable for all levels; a must for teachers and studio/club owners. Each class includes lecture, demonstration and practice.



FRIDAY, MARCH 15 (6:00 PM - 8:30 PM)
Shoulder & Wrist

SATURDAY, MARCH 16 (9:00 AM - 12:00 PM)
Knee & Hamstrings

SATURDAY, MARCH 16 (1:30 PM - 4:30 PM)
Sacroiliac Joint

SUNDAY, MARCH 17 (9:00 AM - 12:00 PM)
Low Back

SUNDAY, MARCH 17 (1:30 PM - 4:00 PM)
Neck

REGISTRATION: See reverse side or visit www.floridayogateachers.org



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PAYMENTS & REGISTRATION

- Entire Workshop (Regular) — \$265.00**
- Entire Workshop (Member Price) — \$250.00**
- Friday Night or Sunday Afternoon — \$55.00**
- Saturday Morning, Saturday Afternoon or Sunday Morning — \$65.00**

FYTA Members may send a \$50 non-refundable deposit to hold your space. Balance due March 1, 2019.

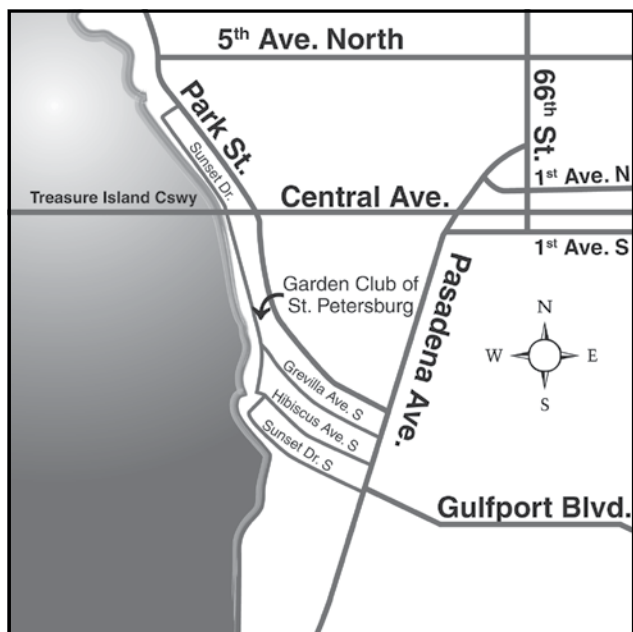
Mail Payments & Registration To:

Susan Wasserman
7015 Grevilla Ave. South
South Pasadena, FL 33707

Call Susan at
(727) 302-0909
with any questions

Or, pay online at www.floridayogateachers.org

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 workshop.

View the hotel at www.crystalbayhotel.com. For special FYTA pricing, call Kathy Weed at (727) 914-7676, ext. 2806.

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FYTA REGISTRATION FORM

Name _____

Street Address _____

City _____

State _____

Zip Code _____

Phone Number _____

E-Mail Address _____

I am signing up for:

- | | |
|--|---|
| <input type="checkbox"/> Entire Workshop (Regular) | <input type="checkbox"/> Entire Workshop (Member) |
| <input type="checkbox"/> Friday Evening | <input type="checkbox"/> Sunday Morning |
| <input type="checkbox"/> Saturday Morning | <input type="checkbox"/> Sunday Afternoon |
| <input type="checkbox"/> Saturday Afternoon | |

Enclosed is a check payable to FYTA in the amount of

\$ _____