

SEEING YOUR STUDENTS' ANATOMY

Observation Workshop

with David Keil



September 10-12, 2021 • Garden Club of St. Petersburg

A practical workshop to learn to see and feel what is happening in your students' practices and your own. You'll immediately apply your new observation skill set to your own practice and in any teaching situation!

The skill of observation is very important for a teacher to have. The information is in front of you in every moment, but you're not aware of it until it's pointed out. In the Seeing Your Students' Anatomy Workshop, learn tools to see more of what a student is doing and/or not doing. Seeing more can make all the difference in the adjustments or cues you give to a student in a particular pose.

During this weekend workshop we develop "our eyes" by first recognizing biases. We then conduct a postural analysis to practice "seeing" more objectively. This analysis also trains us at a greater level of detail.

The next level is observation in movement. We will apply the techniques to one of the most fundamental

movements: walking. This is a visceral exercise by mimicking the patterns seen in students' walking. This adds a kinesthetic component to understanding an individual's body. A great reminder that we need to put ourselves inside the student's posture (asana) to understand their experience. With this knowledge, we understand how to support the student in their pose.

Finally, we take our "eyes" back to the yoga mat to observe poses. We use all our skills, focusing on transitions into and out of postures. We will also view the more static state of the asana itself. With our new skills, we become more informed. The verbal cues or hands-on adjustments to guide students will be more skillful. They are based on observations that are less biased, more detailed, and generally more informed.

TOPICS COVERED:

- Quick review of anatomy
- Learn to see what has been in front of you all along
- Detailed postural analysis
- See the anatomy in movement
- See the anatomy in asanas
- Individualize instruction based on what you see

WORKSHOP SCHEDULE

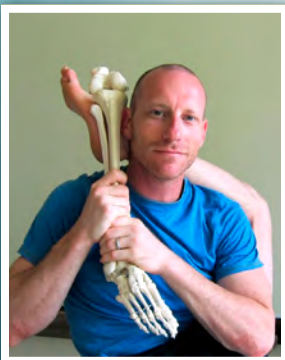
Friday, September 10th — 6:00-8:30 PM

Saturday, September 11th — 9:00 AM to 12:30 PM

Saturday September 11th — 2:00 PM to 5:00 PM

Sunday, September 12th — 9:00 AM to 12:00 PM

Each segment of the workshop builds on previous segments, so **everyone needs to be present for the entire weekend.**



ABOUT DAVID KEIL

David Keil was introduced to yoga in 1989 by his Tai Chi Chuan teacher. Both the Tai Chi and Yoga practice at the ripe age of 17 began his research into his own mind-body connections. His search continued through massage therapy where he discovered many insights and affirmations of what he had been exploring and finding on his own through his

practices. One of the most important elements was the specific understanding of the musculoskeletal system and how fascinating, beautiful, and amazing the body is on the scientific level and how that directly played into and off of his own understanding of the human body. He was given

names and explanations for some of the things he had been experiencing and feeling.

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. By repeatedly teaching incoming students who had no prior understanding of anatomy, David was confronted with the problem of making such a complex and beautiful system accessible and understandable to the average person.

David brings his unique style and ability to make things simple to the yoga world. Because of his passion and desire to share the human body with everyone, he delivers this complex and sometimes frustrating topic in a way that is very accessible and understandable to yoga practitioners.

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

SEEING YOUR STUDENTS' ANATOMY

Observation Workshop

with *David Keil*

September 10-12, 2021 • Garden Club of St. Petersburg



PAYMENTS & REGISTRATION

Entire Workshop (Regular): \$240

Entire Workshop (Member Rate): \$225

Mail Payments & Registration To:

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

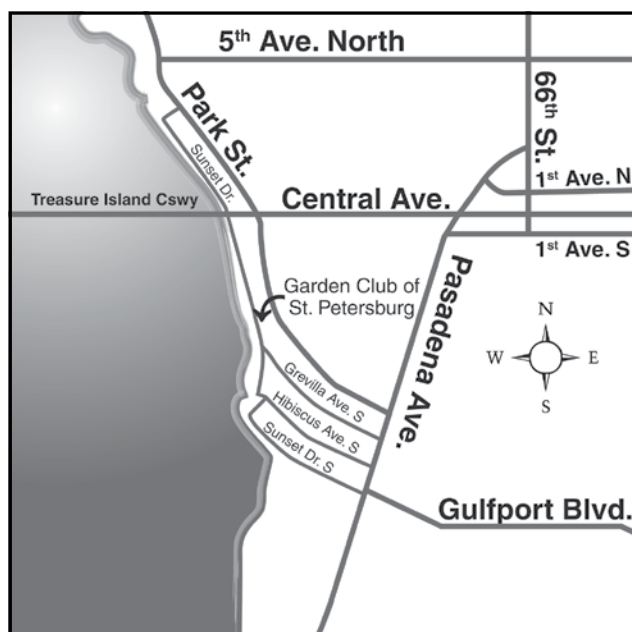
Call Susan at
(727) 302-0909
with any questions

Or, pay online at www.floridayogateachers.org

*Attendance will be limited to 50 people in order to maintain social distancing.
If you are not vaccinated for COVID-19, please wear a mask for your own safety.*

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) 317-2806.

FYTA REGISTRATION FORM

SEEING YOUR STUDENTS' 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

Enclosed is a check payable to FYTA in the amount of

\$ _____