

Judith Hanson Lasater

The Shoulder Joint: anatomy, therapeutics and asana practice for the shoulder joint.

June 26 & 27, 2010

Sat 10:30 - 1 pm, 2 - 4:30pm. Sun. 930 - 12pm, 1230 - 3pm

Program location: The French American School, 75 John Street, Providence

The Shoulder Joint: anatomy, therapeutics and asana practice for the shoulder joint

The shoulder is not only an important joint in the body, but it is also an important symbol of our strength and our ability to succeed in the world. The position of our shoulders instantly telegraphs our mood to the world. Because of the importance of this area in the body, many yoga poses focus either on strengthening or on stretching the shoulders. This workshop will begin with the basic principles of the "rotator cuff", both through a presentation of the basic anatomy and kinesiology of the shoulder. After this introduction, most of our time will focus on practice about the shoulder joint, with attention paid to the other parts of the body that are related: spine, abdomen, head and chest. The emphasis is on learning in order to apply what we have learned immediately to our practice and teaching.

For teachers and serious students.

Early registration: \$249 by June 1

Regular registration: \$279 by June 19

Late registration: \$299 by June 25

How to register:

1. Pay by check at the studio.
2. Pay on line with credit card, additional \$8 transaction fee.

Cancellation policy: Workshops may be refunded up to 1 week prior to the event with a 50% handling fee retained. No exceptions. Within 1 week of an event, workshop purchases become non-refundable. All refunds are credited to the original form of payment through Google checkout.



Judith Hanson Lasater, Ph.D, and Physical Therapist has taught yoga since 1971. She is a **founder of the Iyengar Yoga Institute** in San Francisco, CA, as well as **Yoga Journal magazine**. She has been teaching yoga around the world since 1971; She is the **president of the California Yoga Teachers' Association** as well as the author of numerous articles on yoga and health for nationally recognized magazines. She is the author of seven books: **Yoga Body: Anatomy, Kinesiology and Asana** (2009), **A Year of Living Your Yoga** (2006), **Yoga Abs** (2005), **Yoga for Pregnancy: What Every Mom-to-Be Needs to Know** (2004), **30 Essential Yoga Poses**: for beginning students and their teachers (2003), **Relax and Renew**: restful yoga for stressful times, and **Living Your Yoga**: finding the spiritual in everyday life (2000). She is married and the mother of three.
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