



Anatomy, Physiology, Pranayama, Energy Anatomy Brisbane

12 – 14 and/ or 19 -21 November 2010

Who should attend?	Why attend? What you'll gain:
Yoga teachers	Learn effective teaching methods from a master teacher with 30 years experience gained in India, combined with western scientific qualifications. Understand the contradictions between differing styles and adjustments. Resolve the reasons why styles seem to conflict. Anatomically-based alignments are a key.
New to Yoga	Avoid making bad habits. Learn safe effective yoga from the start. Simon teaches in easy-to-understand language. No previous yoga needed. Learn how to use your body correctly at step one in yoga!
Yoga intermediate to advanced levels	Discover how to create effective anatomically-sound postures than have measurable effects on the flow of energy in your body and the physiology of your body. Prevent injuries for the long term.
Pilates instructors	Learn core-stabilisation for the whole body from a registered physiotherapist who is up to date with modern research and has decades of practical traditional yoga experience.
Physiotherapists	Learn practical effective techniques for exercise-based physiotherapy that are generally not yet taught in university physiotherapy degrees. Leading edge information.
Musculo-skeletal therapists	Learn new ways of effectively reducing back and neck pain and restoring function to damaged shoulders to shoulders hips and knees. Very few other modalities focus on the fascia.
Dancers	Learn techniques and theory that will allow you to move in a graceful, fluid and stable way that gathers energy rather than using it. Result? Stronger. Leaner, less burnout and injuries.
Personal trainers	Learn extra techniques to improve circulation in a way that allows increased fitness and strength without overly increasing heart rate or breath rate. Faster recovery time. Less lactic acid buildup. Decrease your need for huge amounts of food after exercise.
Fitness instructors – gyms	Add these unique yoga-based techniques to your toolbox of rules for safe and effective stretching and strengthening and movement exercises. Clients want yoga – safe and accessible yoga and the results they get with it.
Attendees/ clients of the above	Learn how to understand your body, be your own teacher and improve your health in a safe manner. Highly qualified instructor.
For more info: http://www.susanwanmer.com.au/yoga-teacher-training/anatomy-and-physiology/	