



# Anatomy In Action 2

## Applied Yoga Anatomy For Teachers:

# Pelvis, Lower Back, Core

### with Lucy Lomax

**Saturday, September 17, 1:00pm - 3:00pm \$25**

Intended for all levels of yoga teachers and yoga therapists

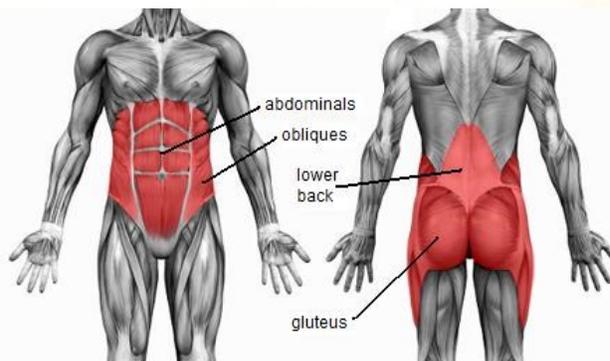
**THIS WORKSHOP WILL BE HYBRID.**

Taught in-studio (For those who are vaccinated) and live-streamed via Zoom to those who are not fully vaccinated or choose to stay on Zoom.

Register on our [Workshops Page](#) or visit [www.columbiayoga.com](http://www.columbiayoga.com)

Need a quick yoga anatomy refresher? Want to brush up on what it means to “engage” specific muscles/muscle groups? Clarify a familiar instruction to ensure it produces the intended action? Better assess whether your students are actually “getting” what you’re teaching? Increase your toolbox with some easy pose/action adaptations when an intended action seems to be out of reach? Then come with your questions and let’s explore yoga anatomy in action together!

This will be a mini-workshop series of four workshops on action-oriented yoga anatomy. Each workshop will consist of a brief anatomy review of the areas being covered. Then the remainder of the workshop will be experiential, including doing the pose/action to understand it anatomically in your body, observing others doing the pose/action, assessing how to instruct to get the desired action in the pose, teaching the action, and understanding how to modify the pose if the action is inaccessible.



Includes a handout of poses/actions taught.

**Anatomy in Action 2 – Pelvis, Lower Back, and Core – working with aligning from the pelvic floor, sacrum, lower back, deeper abs, and spinal muscles.**

**Intended for all levels of yoga teachers and yoga therapists**

**Hours count as CE units for yoga teachers registered with Yoga Alliance.**



**Lucy Lomax**, C-IAYT, E-RYT500, RPYT, YACEP, Certified Yoga Therapist, began meditating and practicing yoga in the 70's and teaching yoga in 1999. After almost 33 years as a financial policy analyst (BS Organizational Behavior, Masters in Public Financial Management) Lucy became a full-time yoga teacher. Her yoga study and practice in alignment-based yoga started in 1998 and Lucy began her concentration in trauma-sensitive yoga in 2010. Lucy is a Certified Yoga Therapist, C-IAYT, Certified Warriors at Ease teacher, C-WAE, Certified iRest® Yoga Nidra meditation teacher, C-iRest, and Yoga for Amputees Y4A master teacher trainer. She also has trained as a Cancer Exercise Specialist, and has done advanced studies in yoga for back pain, and yoga for osteoporosis with Dr. Loren Fishman. She teaches alignment-based therapeutic yoga, trauma-sensitive yoga and meditation, and adaptive yoga for injuries, pain, special conditions, and recovery.