

Anatomy In Action 3

Applied Yoga Anatomy For Teachers:

Core, Upper Back & Upper Limbs

with Lucy Lomax

Saturday, October 29, 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

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!



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.

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.

Anatomy in Action 3 – Core, Upper Back and Upper Limbs – working with aligning from deeper abs, ribcage/thoracic spine, arms, and hands.

Includes a handout of poses/actions taught.
Hours count as CE units for yoga teachers registered with Yoga Alliance.



Lucy Lomax, C-IAYT, E-RYT500, RPYT, YACEP, Certified Yoga Therapist and Certified Yoga Teacher, 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, an Accessible Yoga Teacher, and a Y4A: Yoga for Amputees Master Trainer, trained by Marsha T. Danzig. She also has trained as a Cancer Exercise Specialist, CES, and has done advanced studies in yoga or 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.