

Anatomy In Action 1

Applied Yoga Anatomy For Teachers:

Lower Limbs & Pelvis

with Lucy Lomax

Saturday, August 6, 1:00pm - 3:00pm \$25

Intended for all levels of yoga teachers and yoga therapists

THIS WORKSHOP WILL BE HYBRID.

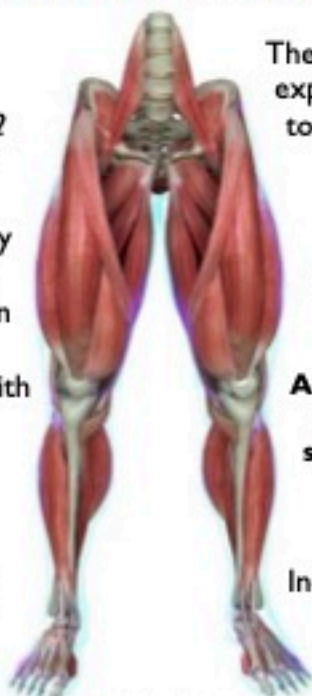
Taught in-studio (For those who are vaccinated) and live-streamed via Zoom to those who are not fully vaccinated or choose to stay on Zoom.

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!

This will be a mini-workshop series of four workshops on action-oriented yoga anatomy – come to one, or come to all!

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.

Anatomy in Action I – Lower Limbs and Pelvis – working with aligning from the soles of the feet through the lower legs, knees, and upper legs into the hip joints (pelvis).

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, 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.