



MODULE 1

THE BODY: Asana Alignment, Anatomy, Physiology & Biomechanics

With Maria Salvatore and Brandy Boffa



IN THIS MODULE YOU WILL LEARN:

- Ayurvedic practices to nourish and clean the body : Kitchari cooking workshop.
- Shatkarma cleansing rituals.
- Asana Lab of Hot 26 poses with modifications (options for limited mobility aka chair yoga) advancements.
- Yin, Restorative and Slow Flow Workshops.
- Facia Lecture
- Hands on versus Hand guided assists. (Correct use of Props, adjustments)
- Safety of Alignment in Apex Poses.
- We will learn and practice the Hatha Yoga Pradikpa poses and the energetic and physical
- Implications and modifications.
- Inversions Lab
- Use of straps to create binds: when and how to use them. (vinyasa, yin, chair)