



California
Yoga
Center

Joyce Anue MS, PT is the director and founder of the YES yoga teacher training programs and has been teaching yoga to groups and individuals for over 25 years.

She is an orthopedic physical therapist with a specialty in yoga based therapeutic exercise and manual medicine for pain relief, physical rehabilitation and injury prevention.

Joyce is committed to bringing yoga to people of all ages and levels of ability. She teaches regular workshops, public classes and teacher training and offers private sessions in the South Bay Area. For more information about her work visit www.joyceanue.com

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Mountain View, CA 94040

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Palo Alto, CA 94301

650-967-5702
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Asana & Applied Anatomy

The Shoulder Joint

with Joyce Anue

Sunday September 18 1:30-5:00 pm

In this experiential workshop we will learn:

- Basic anatomy of the bones and joints of the shoulder girdle
- Causes of movement restrictions in the shoulder and how to improve flexibility without injury
- Posture sequences designed to develop strength and stability in the shoulder girdle
- Which actions/movements are desirable as we move into, hold and move out of certain yoga asanas and why
- How to modify your approach to asana practice when there is shoulder pain or injury

Come prepared for an informative, fun and challenging session.

The workshop is open to teachers and students with at least 1 year of yoga experience.

Fee is \$70 in advance or \$80 day of the workshop.

Please register me for **The Shoulder Joint** on September 18 in Mountain View

Mail this form with check payable to CYC to:

California Yoga Center, 1776 Miramonte, Mountain View, CA 94040.

Name _____

Address _____

City/State/ZIP _____

Telephone / e-mail _____