

Anatomic Yoga™

A multimedia workshop with author and surgeon Ray Long MD FRCS

Friday March 26th 6:00 pm - 8:00 pm FR2LON

Application of the Fundamentals in Asana

Combine modern Western science with the ancient art of Hatha Yoga. In this two-hour workshop, author and surgeon Ray Long, MD, guides you on a journey through the anatomy, biomechanics, and physiology of Hatha Yoga. Here you will learn how to apply these subjects directly to your practice and teaching. Subjects to be covered include the anatomy and biomechanics of the major joints, muscle physiology, and respiratory science—all in the context of yoga. Specific material you will learn includes working with anatomy and biomechanics to better understand your poses; the science of stretching and how to use PNF to break through blockages; and respiratory anatomy and physiology applied to pranayama. Ray integrates theory, practice, and humor with stunning 3-D illustrations of the body to make this a fun and beneficial workshop.

Saturday March 27th 8:00 am - 10:00 am SA1LON

Standing poses, Hip Openers, and Forward Bends

Scientifically improve your yoga. This two-hour workshop focuses on poses that preferentially awaken the lower three chakras—standing poses, hip openers, and forward bends. Author and surgeon Ray Long, MD, integrates theory and practice with stunning 3-D illustrations of the body to teach students how to apply Western scientific principles to these categories of poses. Material to be covered includes awakening the core muscles of the pelvis, how to sequence muscle activation in the poses, stretching physiology, and more. *Pre-Requisite: Application of the Fundamentals in Asana Friday FR2LON*

Saturday March 27th 5:30 pm - 7:30 pm SA5LON

Pranayama

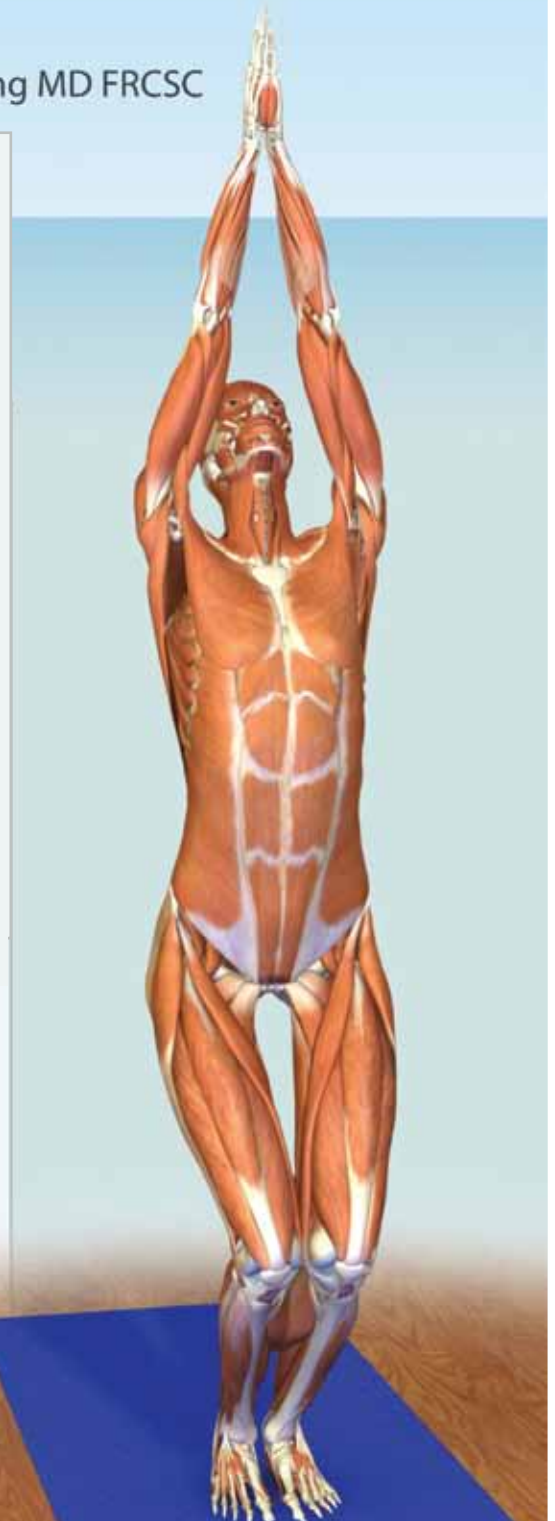
Learn to apply modern Western science to the ancient yogic art of Pranayama. In this two-hour practical course, author and surgeon Ray Long, MD, uses 3-D illustrations to teach the science of breathing. Specific topics to be covered include the biomechanics of breath and how to use accessory muscles to improve chest expansion. Preparation and practice of basic Pranayama will also be discussed. *Pre-Requisite: Application of the Fundamentals in Asana Friday FR2LON*

Sunday March 28th 9:00 am - 11:00 am SU1LON

Twists, Backbends, Arm Balances, and Inversions

Apply modern Western science to your practice of twists, backbends, arm balances, and inversions. This two-hour course focuses on the poses that affect the mid- to upper chakras. Author and surgeon Ray Long, MD, integrates theory and practice with 3-D illustrations of the body to teach the anatomy and biomechanics of these categories of poses. Topics to be covered include the use of PNF to deepen your twists, weight transfer in arm balances, protecting the spine in backbends, and aligning the bones in inversions. *Pre-Requisite: Application of the Fundamentals in Asana Friday FR2LON*

BANDHAYOGA



Ray Long, MD FRCS is a board certified orthopedic surgeon and the founder of Bandha Yoga. Ray graduated from The University of Michigan Medical School with post-graduate training at Cornell University, McGill University, The University of Montreal and Florida Orthopedic Institute. He has studied hatha yoga for over twenty years, training extensively with B.K.S. Iyengar and other leading yoga masters. www.bandhayoga.com

Chris Macivor has been involved in the field of graphic design and digital illustration for over ten years. Chris is a graduate of Etobicoke School of The Arts, Sheridan College and Seneca College. Over the years his work has spanned many genres from TV and film to video games and underwater videography.