

Anatomic Yoga™

A multimedia workshop with author and surgeon Ray Long MD FRCS

Fundamentals and Pranayama – this will be included in both of the intensives

Learn to apply modern Western science to the ancient yogic art of Hatha Yoga and Pranayama. In each of these six-hour workshop author and surgeon Ray Long, MD guides you on a journey through the anatomy, biomechanics and physiology of Hatha Yoga and 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 will include: 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, the biomechanics of breath and use of the accessory muscles to improve chest expansion and physiology applied to pranayama, the science of breathing. Ray integrates theory, practice and humor with stunning 3-D illustrations of the body to make this a fun and beneficial workshop.

Saturday March 31st 1:00 pm - 7:30 pm SAILON

Fundamentals, Standing Poses, Forward Bend and Hip Openers and Vinyasa Flow

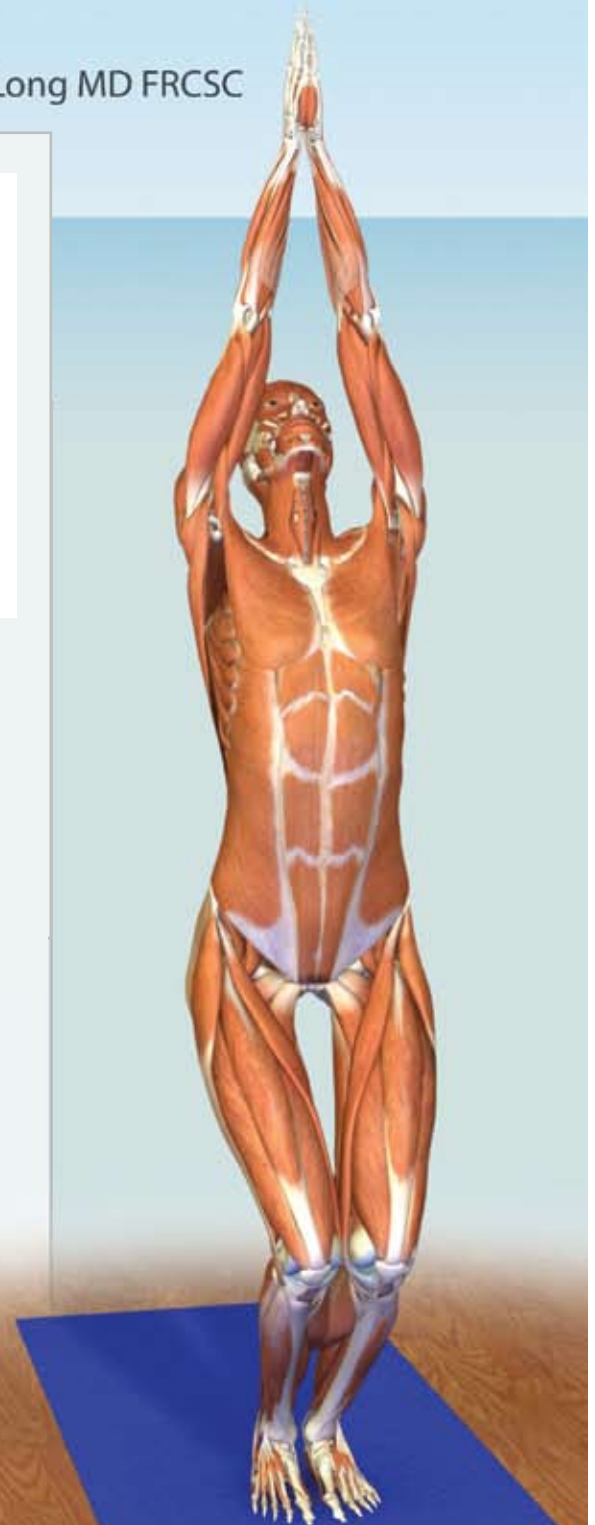
Standing poses, hip openers and forward bends and Vinyasa Flow

Improve your yoga scientifically. This six-hour workshop includes the above Fundamentals and Pranayama and focuses on those poses that preferentially awaken the lower three chakras—the 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 how to apply Western scientific principles to these categories of poses. Material to be covered will include awakening the core muscles of the pelvis, sequencing of muscle activation in the poses, stretching physiology and more.

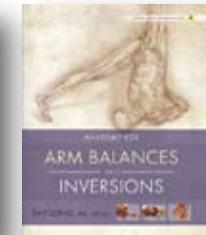
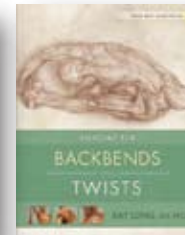
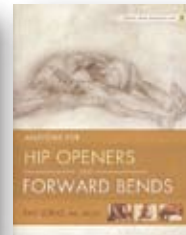
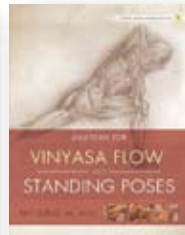
Sunday April 1st 11:30 am - 6:30 pm SUILON

Twists, backbends, arm balances and inversions

Apply modern Western science to your practice of twists, backbends, arm balances and inversions. This six-hour workshop includes the above Fundamentals and Pranayama 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 the inversions



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.