



T E A C H E R T R A I N I N G

TIAS LITTLE

*Yoga Anatomy ~ Part I:
Feet as the Foundation*

Date: Nov. 28-30, 2007
Time: 9:30 am - 5 pm
Price: \$420 (\$480 after Oct 31)
Location: Moksha Riverwest
 700 N Carpenter

Wed, Nov. 28, 9:30 am-5 pm

Thu, Nov. 29, 9:30 am-5 pm

Fri, Nov. 30, 9:30 am-5 pm

Each day of anatomy will include an asana practice from 9:30-11 am and a 1-1/2 hour lunch break from 12:30-2 pm

Tias Little brings to his teaching a wonderful play of metaphor and imagination. He is trained in Iyengar and Ashtanga vinyasa yoga and his perspective clearly reflects the Buddha's teachings. Tias' teaching specializes in yoga and anatomy, blending both Western and Eastern perspectives. He is a licensed massage therapist and has studied extensively in cranial-sacral therapy and bodywork. Tias earned a Masters degree in Eastern Philosophy from St. John's College. He currently co-directs Yogasource in Santa Fe New Mexico with his wife Surya and leads yoga intensives both nationally and internationally.

The anatomy training will look at the anatomy and physiology of the body from both the Western anatomical perspective and the yogic-energetic body. Part I of the course begins with the feet and moves upward through the legs and into the pelvis. Emphasis will be on the first chakra and pelvic floor (mula bhanda) relative to the psoas and uddiyana bandha. We also look at the abdominal organs and the effects that various asanas have on organ function. Throughout the training, we will be practicing and observing specific actions in the postures. We will use a full size skeleton, anatomical drawings and images from Eastern art to enrich the study. Recommended for the course is "The Color Atlas of Human Anatomy" by Frank Netter. *Includes anatomy training manual. Please bring mat, block, blanket and 8 ft. strap. Counts as 18 hours toward Yoga Alliance anatomy requirement.*

R E G I S T R A T I O N F O R M

NAME _____

ADDRESS _____

CITY, St, ZIP _____

PHONE _____

EMAIL _____

\$100 DEPOSIT REQUIRED TO REGISTER

PMT AMT CASH CHECK VISA/MC AMEX DISC PAYPAL

CARD NO. _____ EXPIRATION DATE _____

SIGNATURE _____

Please indicate your choice(s) below:

- Early Registraion (before Oct. 31).....\$420
- Regular Registraion (after Oct. 31)\$480
- Moksha Trainees 20% off (before Oct. 31 only) \$350

O F F I C E U S E O N L Y

OMBASE ENTRY BY _____ DATE _____

REG LETTER MAILED BY _____ DATE _____

EMAIL CONFIRMATION _____ DATE _____

moksha
YOGA CENTER

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