

Marinda Stopforth

Fundamentals of Yoga Anatomy 2013-2014

2 schedule options available:

Option A - Tuesday Evenings, Fall 2013:

(6) Tuesdays 7:00 – 9:30 p.m.

October 29 – December 10

No class on November 5.

\$250 paid in full two weeks prior to event;

\$300 thereafter

Option B - Weekend, Late Winter 2014:

Friday: 4-9 p.m.; Sat/Sun 12-5 p.m.

March 14-16, 2014

\$250 paid in full two weeks prior to event;

\$300 thereafter

4% transaction fee added to above prices for credit card and online payments.

Special refund policy in effect. No credits or refunds less than 2 weeks prior to the event. See back of flyer for details.



THE STUDY OF THE HUMAN BODY in relation to yoga moves beyond muscles and bones, to a deeper level of understanding of ourselves. Gaining knowledge of anatomy informs how the body moves, how to move safely and how to keep the mind grounded in reality. As a result, you approach yoga poses from the inside out, rather than from the outside in. This training includes anatomy manual, lecture, bio-feedback and home-study workbook. Workbook completion required for those seeking course credit.

This course will teach you:

- the major muscles and bones of the body and their primary action and function
- muscle action and function in asana
- how to reduce the risk of injury to yourself and students
- how to clearly instruct and cue your students
- effective communication with therapists, doctors and other members of your yoga community

This course is required for the Prairie Yoga 200 hour Teacher Training. It is open to ALL teachers, teachers-in-training and interested students.

MARINDA STOPFORTH, OTR/L, 500 CYT is an Occupational Therapist at Edwards Hospital in Naperville, IL. She is interested in the therapeutic application of yoga. Marinda earned her 500-hour certification through Prairie Yoga and 200-hour through Moksha Yoga Center. She has worked as an aromatherapist, reflexologist and is a qualified Reiki Master Teacher. She is a residential trainer in the study of consciousness for the Monroe Institute in Virginia with her husband, Bob, and is also a certified I:I Provider for the Institute of HeartMath in California.

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DATES/TIMES and FEES

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STUDENT INFORMATION

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

PAYMENT

Prairie Yoga accepts cash, check, or credit cards. Prices above are for cash or check only.

A 4% transaction fee is added for credit card and online payments.

Please make all checks payable to *Prairie Yoga*. Returned checks subject to \$50 fee.

Option A: _____ **\$250 paid by Tuesday, October 16, 2013** _____ \$300 paid thereafter

Option B: _____ **\$250 paid by Friday, February 28, 2014** _____ \$300 paid thereafter

REFUNDS & CANCELLATIONS

We understand that plans occasionally change and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent refund policies that are fair to you, the studio and the presenter. Thank you for your support.

- **For refund requests at least two weeks prior** to the start of the event, you may request a refund or credit, less 15%.
- **For refund requests less than two weeks prior** to the start of the event, no refunds or credits will be given.
- If you do not show up for an event, no refunds or credit will be given.
- **Refunds for credit card payments are subject to an additional 4% transaction fee.** No exceptions, even if an event is cancelled by Prairie Yoga or the presenter.
- **Cancellations:** We reserve the right to cancel an event due to low enrollment or factors outside of our control. If an event is cancelled, you will receive a refund (If you paid by credit card, the refund is minus 4% credit card transaction fee).



PRAIRIE YOGA

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