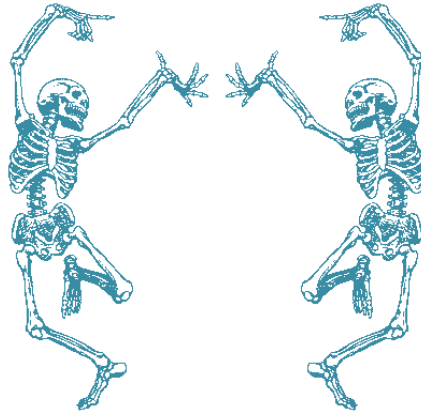


# ANATOMY INTENSIVE SERIES WITH YOGIRAJ JULIE BLUMENTHAL at Bija Yoga Berlin

as part of the ISHTA Yoga 200-hour Level 1 Teacher Training



Explore how your body works, how yoga works with your body, and why!

**Dates: 23-24 November, 29 November & 7 December**

**Cost: 110 EUR** for the entire intensive or **25 EUR** per session to drop in  
(full schedule follows on next page)

**This Anatomy Intensive is a deep overview of all things Anatomy:**

- The skeleton and its structure
- The individual muscles and joints and how and why they work
- Function and form: Range of movement, individual limits of movement, planes of motion, rotations, flexions and more
- Common misalignments and points of sensitivity

**As well as a systems overview:**

- The Respiratory System & Anatomy of Breathing
- The Nervous System, including the physiology of stress and the relaxation response
- The Circulatory System

**Contextualized for yoga practice and teaching:**

- Basic principles of alignment and safety in asana
- Basic injury avoidance and management
- Inversion practice and the circulatory system
- How yogic tools can reduce stress, improve neural wiring and elicit the Relaxation Response
- How variation from body to body informs the choices we make as teachers and practitioners

*To register or for more information, email [julie@julieblumenthal.com](mailto:julie@julieblumenthal.com). Space is limited.*



**Julie Blumenthal, E-RYT** has been teaching yoga since 2003, in Berlin since 2007. She is a Yogiraj (yoga master) in the ISHTA lineage of Alan and Mani Finger – the Integrated Science of Hatha, Tantra and Ayurveda. Her teaching influences include Max Strom, Angela Farmer, Glenn Black, Shiva Rea and Kofi Busia. A teacher of teachers, she leads classes, ISHTA teacher trainings, and workshops in Berlin Kreuzberg. More information at [www.julieblumenthal.com](http://www.julieblumenthal.com).

## **ANATOMY INTENSIVE SERIES WITH JULIE BLUMENTHAL**

**All sessions meet at Bija Yoga Berlin, Grimmstrasse 19, 10967**

- Saturday, 23 November, 17-19:00h    **Anatomy I: Basics – Bones, Muscles and Joints**
- Sunday, 24 November, 10-12:30h    **Anatomy II: Axial Body – Spine, Ribcage and Skull**
- Sunday, 24 November, 12:30-13:30h    **Anatomy III: Lower Body – Pelvis, Legs & Feet Pt. 1**
- Sunday, 24 November, 14:30-16:00h    **Anatomy III: Lower Body – Pelvis, Legs & Feet Pt. 2**
- Friday, 29 November, 18-20:30h    **Anatomy IV: Upper Body – Shoulders, Arms & Hands**
- Saturday, 7 December, 13-14:00h    **Anatomy V: Anatomy & Physiology of the Breath\***
- Saturday, 7 December, 15-16:30h    **Anatomy VI: Circulatory & Nervous Systems\***

**Cost: 110 EUR** for the entire series or **25 EUR** per session to drop in

*\*If dropping in, Anatomy V and VI on 7 Dec may be paid as a single session (€25)*