

ANATOMY OF YOGA

WITH NIEL PEARSON

SATURDAY APRIL 25TH 9:30 –4:30pm

\$75



Neil Pearson, MSc, BScPT, BA-BPHE, CYT

Registered Physiotherapist

Certified Yoga Therapist

UBC Clinical Faculty

International Anatomy Teacher

Pain Management Educator

www.lifeismow.ca

Gain Understanding of:

anatomy and physiology from the level of cells, to tissues, organs and systems.

Your muscles & tendons, connective tissue, joints & ligaments, skin, and nervous system.

How these tissues and systems interact, interconnect, and relate to Yoga.

Getting to know the anatomy and physiology of everything from cells, to bones, muscles, joints, and the nervous system.

"Experiencing the body is individual, and as important as connection with the mind and spirit.

Your life in this body has uniquely affected your muscles, tendons, joints and your physiology.

Greater knowledge of anatomy and physiology will deepen your yoga practice, and expand your connections with your body, mind, and spirit."



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