

NYDIA'S YOGA THERAPY
PRESENTS

THE ANATOMY OF ASANA

Instructor: Nydia Tijerina Darby, MS, PT, RYT

2009 SCHEDULE

3 separate opportunities to Learn, Study & Practice

Saturday/Sunday

May 2 & 3

August 1 & 2

November 7 & 8



COST: Physical Therapists & Assistants \$360

This course has been approved by the Texas Board of Physical Therapy Examiners as meeting continuing education requirements for PTs and PTAs. TPTA approved 2.2 CEUs

Yoga Instructors & Students—\$260

This course is appropriate for Physical Therapists, Physical Therapist Assistants, Physicians, Yoga Teachers, Yoga Teachers in training and serious students of yoga that want to further their education in the Basic Anatomy of Asana (postures) as they relate to the practice of yoga. We will be working with the texts *YOGA ANATOMY* written by Leslie Kaminoff and *ANATOMY OF MOVEMENT* written by Blandine Calais-Germain. Upon registration you will receive the reading assignments that will prepare you for this weekend workshop.

4680 Lockhill Selma
San Antonio, TX 78249
(next to Silk Greenery, near loop 1604)

(210) 764-1616
www.nydiasyogatherapy.com

Mail Payment to: Nydia's Yoga Therapy, 4680 Lockhill Selma, Ste. B., San Antonio, TX 78249.

Name
Address
E-mail
Phone

Credit Card #	Visa	MC	AMEX
Exp. Date:	V-Code:		
Signature:			
Course: (circle one)	Check #:	Amount:	
May 2-3 / Aug 1-2 / Nov 7-8		\$	

CANCELLATION POLICY: Refund minus \$50 processing fee if cancelled within 7 days before scheduled course.

ANATOMY OF ASANA:

Nydia's Yoga Therapy Studio.

OBJECTIVES:

By the end of this module the participant will be able to:

1. Identify basic muscular anatomy of the entire body: bones, muscles and ligaments.
2. Recognize neutral alignment of the body in upright standing, weight bearing, functional living & yoga postures.
3. Understand the effect that each part of the body has on the other parts in functional movement and yoga postures.
4. Practice yoga postures with effort placed towards using optimal extremity, joint and spinal alignment in a variety of positions as appropriate for the individual.

PROGRAM SCHEDULE:

Saturday

7:30am	Registration & Check In
8-10:30am	Introduction & Spine & Core Abdominals
11-12:30pm	Spine & Core Yoga Asana Integration & Practice
12:30-1:30pm	LUNCH
1:30-4:00pm	Hand & Shoulder
4:30-6pm	Hand & Shoulder Asana Integration & Practice

Sunday

8-10:30am	Hip/Pelvis & Foot/Knee
11-12:30pm	Hip/Pelvis & Foot/Knee Yoga Asana Integration & Practice
12:30-1pm	Wrap up/evaluation/dismiss

Instructor: Nydia Tijerina Darby, MS, PT, RYT

Nydia received a Bachelor's and Master's of Science degree in physical therapy from Texas Woman's University in Houston, Texas. She is licensed to practice physical therapy by the State of Texas and specializes in orthopedic, spine and women's health rehabilitation. She has been actively involved in the health and fitness industry for 25 years and holds multiple certifications in personal, group, kickboxing and prenatal / postpartum fitness instruction. Nydia began independent yoga studies in 1995 in order to fulfill a desire to begin a personal yoga practice that would help her stay mobile and strong into her senior years. This was the beginning of a great adventure that ultimately has led to her opening her own yoga studio--Nydia's Yoga Therapy Studio. She continues independent yoga studies and practice and has been blessed to experience the teachings of a variety of inspiring yoga teachers. Nydia has completed a 200 hour yoga teacher training certification with the Hard & the Soft Yoga Institute under the supervision of its founder, her teacher--Beryl Bender Birch. She is registered with Yoga Alliance and is a member of the International Association of Yoga Therapy. Nydia believes strongly in the benefits of having a personal practice and can be found on her yoga mat very early in the morning when she is not out on the road running with her dogs. She has combined her experiences in physical therapy, fitness and yoga to create a unique and specialized approach to wellness. She has a passion for teaching her students as much as they care to learn about their amazing bodies. With this in mind, Nydia created a series of Anatomy Workshops designed to demystify the most commonly overused areas of the body. She has also created a specialized workshop series for physical therapists, physicians, yoga instructors & serious yoga students titled The Anatomy of Asana™. Nydia is dedicated to creating specialized yoga programs where her students are able to utilize a mind-body and functional approach to whole body & spirit wellness.