



Teaching Yoga with a Fascial Focus

Part Four: The Holistic Body: Asana in 3D

with

Carrie Gaynor

March 22 - 24 2019

Farmington Hills, MI

"... at the end of all our exploring will be to arrive where we started and know the place for the first time." T.S. Elliot

The Holistic Body: Asana in 3D

TYFF Part 4 is a stand alone course that will introduce unique aspects of the 3D fascial system of the body and pair it with a new understanding of key 3D biomechanics found in functional movement and yoga asana.

Who should attend?

TYFF is designed for yoga teachers and students, yoga therapists and inquisitive movers. You may enter the four part series at any point.

This intensive course will:

- Provide a Comprehensive Overview of fascial anatomy concepts for the major body regions and companion Fascial Stretch Therapy flows & Fascial Fitness principles.
- Discuss the amazing fascial system, the factors that influence its stiffness, how it senses movement, and allows for mobility and stability to exist simultaneously.
- Explore 3D joint biomechanics through functional movements and analysis of the relationships between bones (called real and relative positions).
- Demonstrate how those 3D relationships sequence through the myofascial meridians / long kinetic chains of the body like ripples on a lake.
- Teach TriYoga Asana and Hand Mudra Flows to serve as exemplary practices for solidifying Asana in 3D course concepts.
- Include a distillation of relevant research from the 2018 Fascial Research Congress.

Course Text: *Fascia: What It Is And Why It Matters* by David Lesondak
18 Continuing Education credits available for Yoga Alliance

Schedule: Friday 1-9pm, Saturday 9am-6pm, Sunday 9am-1pm

Contact: katherineschaefer1@gmail.com or 248-420-0127



Carrie Gaynor has taught yoga for nearly 30 years. She is the owner/director of Modern Nature Bodyworks offering Structural Integration bodywork, Private and Group yoga classes and Functional Movement

training. Carrie holds 2 yoga teacher certifications: Esther Myers Yoga Studio (RYT-500) and TriYoga flow with Kali Ray. Other major yogic influences include Victor van Kooten/ Angela Farmer and Leslie Kaminoff. Carrie is a Yoga Alliance CE Provider. As a national educator, she teaches courses for Yoga practitioners as well as Anatomy Trains courses for both manual and movement practitioners. Carrie is a senior faculty member of Tom Myers' Anatomy Trains, Board Certified Structural Integrator, Fellow of Applied Functional Science with Gray Institute, Certified Level 2 Fascial Stretch Therapist and Fascial Fitness Trainer. She also holds a BS in nursing from the University of Rochester.

www.modernnaturebodyworks.com

**Location: Mercy Center
NE side of Costick Activities Center
28650 Eleven Mile Rd.
Farmington Hills, Mi 48336**

Tuition: \$300 by March 8th/\$350 after (Textbook not included)

Register online here: (\$10 fee) <https://squareup.com/store/katherine-schaefer/item/carrie-gaynor-the-holistic-body-asana-in-d>

***Cancellation Policy \$35 Processing Fee/NO REFUNDS For Cancellations Within 48 Hours of Beginning of Workshop**

Name _____

Address _____

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Who told you about this event? _____

Please make check payable and mail to:

Katherine Schaefer

23531 E. Newell Circle

Farmington Hills, MI 48336

(Credit card payment available by request)

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