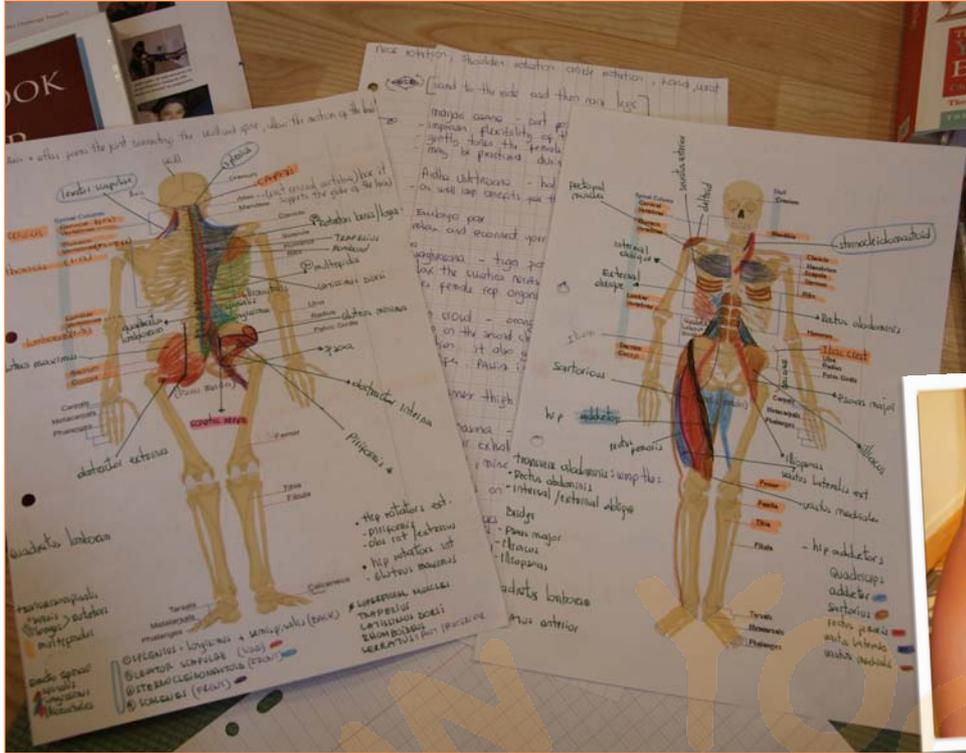


Yoga Anatomy Workshops

at Sun Yoga KL



The Anatomy Module in Sun Yoga's Teacher Training Course has been developed by experienced professionals over an 11-year period. Our latest book, *The Science & Philosophy of Teaching Yoga and Yoga Therapy* (by Jacqueline Koay and Theodora Barenholtz) is the culmination of our work done as yoga teachers and as medical doctor/physical therapist at the Sun Yoga Therapy Center in Connecticut, USA. This book is available in bookshops all over the world and on Amazon.

The muscular system is very complex by nature, and we pioneered an innovative method of bringing it to life with surface anatomy and 3D modeling, which are invaluable tools for yoga teachers and practitioners who want to understand their bodies in greater detail.

Workshop 1 9.30am- 12pm

Transversospinalis, erector spinae and other deep muscles of the back

Understanding the spine and this group of muscles for backbends, forward bends, twists, inversions, everything!

Workshop 2 1pm-4.30pm

Superficial and intermediate-layer muscles of the back

This workshop goes with Workshop 1. Here, we look at the large muscles of the back that causes aching neck, difficulty in binding postures and strengthening the muscles for intermediate backbends.

Workshop 3 9.30am-12pm

Core muscles and the anteriors

Difficulty in doing handstands and headstands? Check out your core! Yes, the title says it all ...

Workshop 4 1pm-3pm

Hip openers and muscles of the legs

Ouch! It's all about the painful parts of yoga postures.

Sun Yoga Signature Flow 3pm-4.30pm

"Sun Yoga Signature Flow" is free for Anatomy workshop participants who sign up for all 4 sessions.

Drop In-Rate for Sun Yoga Signature Flow Class is RM50.

- Certificate of Attendance for those who complete all sessions
- 12 Credit Hours towards Sun Yoga Teacher Training Course
- Limited to 15 participants only

Payment

Please deposit the fees to CIMB A/C 1431-0066-790-529 (Raymond Lim Chan Ming). Kindly snap a pic of the deposit slip and send it to 012-9764866

SUN YOGA KL

145B JALAN AMINUDDIN BAKI
TAMAN TUN DR ISMAIL

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Email : hello@sunyoga.com

Phone : 012-9764866

7-Day Asana Intensive Workshops at Sun Yoga KL

The 7-day Asana Intensive is part of our Yoga Alliance certified 200 Hour Teacher Training Programme. Suitable for the serious practitioner or aspiring teacher, it covers a series of 90 yogasanas that participants will be practicing intensely during this programme. You will learn about the Sanskrit terms of the yoga posture, the yogasana's contraindications, alignment principles, conditioning exercises or variations to achieve the final architecture, safely and confidently.

Pre-requisites : you have to be physically fit and have a consistent yoga practice for at least one year.

Workshop 1 9am- 12pm

Mastering Surya Namaskara A & B

Also known as Sun Salutations, here we learn to synchronise the breath with movement, in a smooth transitional flow. Technique and alignment is explored in detail, while working with Ujjayi breath and Uddiyana bandha.

Workshop 2 9am-12pm : Standing Asanas

Using the foundation and principles of alignment in Tadasana (Mountain Pose), we expand to other basic and complex standing and balancing postures.

Workshop 3 9am-12pm : Forward Bends

Learn how to engage the correct muscles and bend forward in a safe and correct manner, while increasing flexibility in the

lower back, glutes, hamstrings and calf muscles.

Workshop 4

9am-12pm : Backbends

Bend backwards without fear and compression in the lumbar spine, while creating spaciousness in the spine and heart.

Workshop 5

9am-12pm : Hip Openers

Explore the 6 different range of motion in our hips to access asanas without straining the knees, ankles and lower back.

Workshop 6

9am-12pm : Inversions

Conquer your fear in asanas (like Headstand) and defy gravity with a steady body, breath and mind.

Workshop 7

9am-12pm : Arm Balance

Proper, pain-free techniques to find your tipping point as you stabilise the body against gravity in challenging arm balances poses.

- Certificate of Attendance for those who attend all 7 sessions
- 21 Credit Hours for Sun Yoga TTC
- Limited to 15 participants only

For Payment & Enquiries, please contact :

EMAIL : hello@sunyoga.com

PHONE : 012-976 4866

(Angeline/Raymond)



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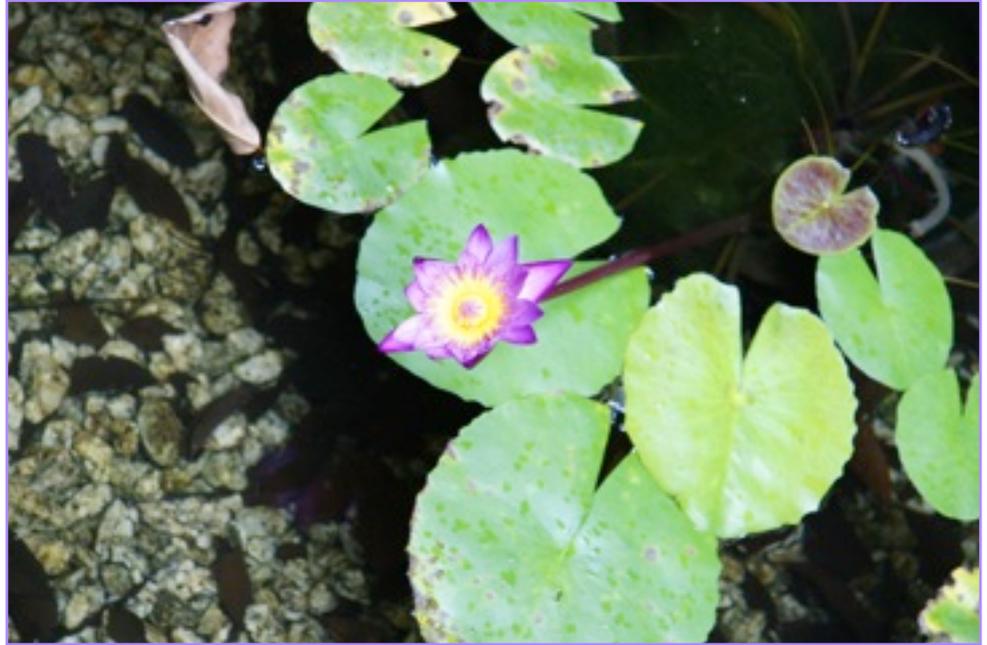
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Sutra Immersion

Philosophy, Ethics & Lifestyle Module

The wisdom that is encapsulated in today's theoretical and philosophical teachings of yoga comes to us mainly from the 196 aphorisms compiled by the sage Sri Patanjali. It was the collective wisdom of that time (between 100 BCE and 500 CE) but if interpreted in today's context, much useful insight and guidance can be gleaned from these ancient teachings.



FOR THE PRACTITIONER

Six reasons why understanding the Yoga Sutra deepens your yoga:

1. Much as your yoga teacher would love to, there often is not enough time to devote to the philosophical and esoteric aspects of yoga within a 60 minute class. And these aspects are so rich beautiful and insightful!
2. Indeed, many of us do not have the time in our busy lives for contemplation or inner growth. And if we thought about doing something about it, where can we go? There are not that many courses around.
3. We will be linking the practice of vinyasa, pranayama, meditation and mantra to the Sutra.
4. This is your opportunity to experience simple ashram-living without having to go too far!
5. Yoga is more than jumping on the mat and sweating. It's really nice to see the whole picture!
6. Your opportunity to hang out with yoga teachers ... who knows, you may decide to follow this path yourself!

FOR THE YOGA TEACHER

Six reasons why understanding the Yoga Sutra makes you a better teacher

1. The Yoga Sutra is the most organised and complete definition of yoga.
2. By dissecting the aphorisms, you will be introduced to the key concepts of Shad Darshan, namely the six schools of classical Indian philosophy.
3. It explains the theoretical reasonings for practising Ashtanga Yoga, the eight-limb path.
4. It leads you on a philosophical path to where samadhi is - this is important, because samadhi is where all spiritual seekers want to end up.
5. By understanding the theory and philosophy behind the practice, you will advance more effectively as a yogi and a yoga teacher.
6. By integrating components of the Yoga Sutra in your yoga class, you will elevate your teachings from physical exercise to something more spiritual and meaningful.

Lifestyle and Ethics were an integral part of the path of an ancient spiritual seeker, many of whom sought self-enlightenment by living out their lives as ascetics in remote mountainous caves and forests. Today, India has 13 million yogis following the same ancient path. Thus at Sun Yoga, this course is only taught by those who had followed the path of an ascetic for a prolonged period of their lives rather than 'textbook learning'. This is in keeping with our key principle, Experience, Believe.

Live Patanjali! Yoga Wisdom for Everyday Living was written by Jacqueline Koay after spending time in self-exile in India and coming back to New York to write this book in the modern context. The resultant work is a very simple and modern interpretation of the work of Sri Patanjali.



After this course, you will :

1. have a good overview of the four chapters
2. have a strong understanding of chapters 1 and 2
3. understand key Sanskrit concepts
4. have a working knowledge of Sanskrit
5. contextualise the esoteric part of yoga
6. know how to translate key Sutra