

EMBODIED YOGA

ANATOMY, PHYSIOLOGY + BIOMECHANICS

August 18 - 20,
2023

Boise, ID

Fri 6:30 - 8:30p Thrive

AWAKENING THE SPINE
w/ANGELA YOUNG, DC, ERYT200

Sat 10 - 11a Bogus Mtn
YOGA ON THE MOUNTAIN

EMBODIED ANATOMY & PHYSIOLOGY YOGA
W/DEBBI MURPHY, ERYT500

Sat 1:30 - 3:30 Thrive

INJURY PREVENTION
w/ANGELA YOUNG, DC, ERYT200

Sun 12:30 - 3:30p

ANATOMY IN MOTION
BIOMECHANICAL EXPLORATIONS
w/KIMBERLY AZZARITO, ERYT500



This workshop is included in Shanti Teacher Trainee tuition, others may attend & receive CEUs by emailing deb@shantiyogastudio.org