



# Anatomy of Asana

## Hips Pelvis and Lower Back

with Julie Gudmestad  
in Memphis

March 20th and 21st, 2010

Julie Gudmestad began teaching yoga in 1970 when she was a student at Reed College. Introduced to Iyengar yoga in the late 70's, Julie became Iyengar certified in 1988. At that time she opened her own studio and began to train the teachers who currently teach there.

Julie attended physical therapy school at Pacific University, graduating in 1977. She opened her private practice in 1983, and has practiced physical therapy continuously since that time. Julie has advanced training and work experience specializing in orthopedic problems, chronic pain, sports injuries and stress-related problems.

Julie's goal is to make the healing powers of yoga accessible to people of all levels and abilities. If a class moves too quickly, students may get frustrated and quit without ever receiving the healing benefits of practice. She prefers that students take progressive steps, starting with gentle poses in a beginning class. It is Julie's belief that the ability to slow down and stay present is an important aspect of healing, and that yoga encourages a mindful state that can heal people emotionally and spiritually, as well as physically.

For many years Julie has worked to integrate the healing powers of yoga with her Western medical knowledge. She has created a unique teaching style and teaches workshops, including "Anatomy Awareness in Asana" and "Yoga for Physical Therapists," throughout the U.S. and in Canada. You can also see more of her work in the Yoga Journal, where she writes the "Anatomy of a Yogi" column.

### Workshop Schedule

Saturday, March 20th and  
Sunday, March 21st  
10:00 am - 1:00 pm  
4:00 pm - 6:00 pm  
each day

**Total Cost \$200.00**

For information call  
(901) 767-6093

To reserve a space  
send a check of \$200.00 to:

Lou Hoyt  
3534 Forrest  
Memphis, TN 38122

Non-refundable after March 1

See our web site: [www.easternsunyoga.com](http://www.easternsunyoga.com)