

Stu Girling

INTERNATIONAL TEACHER

ANATOMY & POSE DECONSTRUCTION WORKSHOP

“WORKING WITH WHAT YOU’VE GOT”

Thursday Oct. 24th, 18:00-21:00 - Spine, SI Joint, Backbending, Twists

It is not uncommon for students to feel a degree of discomfort when performing backbends or when embarking on taking on some of the more challenging foot behind head postures. By understanding the construction of the spine and the surrounding muscles it becomes evident as to the types of movements that it is designed to perform in certain areas as well as the potential mechanism of injury. We clarify the common spinal injuries such as herniated and bulging discs as well as discuss the possible causes of SI Joint pain. The groups of postures discussed and explored practically are backbends and twists, and the importance of the integration of movements at other major joints of hips and shoulders will be demonstrated. During the course of the workshop we will endeavour to allow students to determine where their own restrictions are and how to work with them. For students who feel that they are already too mobile, we will look at how to build strength and stability.

Friday Oct. 25th, 12:00-14:30 - Shoulder Joint & Related Postures

Here we examine the shoulder girdle and shoulder joint, issues that influence range of motion and the potential for injury. Quite a few practitioners experience either restricted range of motion at this joint due to postural patterns, or pain during specific movements in yoga. We will consider common restrictions and how to work on them as well as alignment cues to find more comfort and help minimise the risk of repetitive strain issues. There will also be discussion and practical implementation of shoulder related postures such as arm balances, down dog, chaturanga, binding and reverse prayer.

Friday Oct. 25th, 15:30-18:00 - Hip Joint & Related Postures

Looks at the construction of the hip joint and how individuals may differ, the muscles around the joint and how they will influence movements in certain directions. So many yoga postures involve a certain degree of freedom in the hips and sometimes it can be hard to determine what is stopping us reaching our desired position. Practical exploration of groups of postures under the headings of forward folding, hip rotations and hip ab/adductions will allow students to discover where they need to focus their attention and how to effectively work on increasing the ranges of motion. Postures commonly used for exploration include, Baddha Konasana (Butterfly), Upavishta Konasana (wide legged forward fold), Squatting, Paschimottanasana (seated forward fold), Firelog and Virasana variations (Heros pose). We will also consider how many postures may fall unbeknown into the category of forward folding and explain what will be the likely expression of restriction.

Saturday Oct. 26th, 12:00-14:30- Arm Balances

Arm balances can be fun and exciting to play with even if they are not part of your normal practice. They build strength, co-ordination and focus but they can also put pressure on the wrists and shoulders if we are not ready for them. In this workshop we will take an anatomical look at the skills, proficiencies and ROM we require, before exploring the technical detail of how to perform the different arm balances. There will be a large percentage of practical experimentation with the exact content being tailored to suit the general ability of the class. Instead of handstands will be looking to include: **Bakasana, Parsva Bakasana, Koundinyasana A and B, Eka Pada Koundinyasana, Eka Pada Galavasana, Astravakasana, Grasshopper** as well as a variety of lifts.

Saturday Oct. 26th, 15:30-18:00 - Personal Training Skills for Teachers

This workshop is designed to provide the skills necessary for yoga teachers to be able to tailor yoga programs to the needs of their personal clients. We are not talking Yoga Therapy but instead the ability to assess and determine how best to progress your student in the direction they desire or require. It is clearly evident that we are not all made the same and along with that comes differences in strength, flexibility, endurance, psychology and much more. To raise the quality of your teaching and deliver the best programs for your students you need to be able to make informed decisions about where they are now and what is required to take them to the next level. This workshop aims to assist you in becoming a more professional and effective teacher.

2019



WHEN
WHERE
WHAT

Oct. 24-26, 2019
ASAS Studio
13hr workshop, 3 days

REGISTER

COST - QR1500
Early Bird* - QR1250
Individual Session- QR350/QR400
*EB to be paid 2 weeks prior to start date

SCHEDULE

Thursday 18:00 - 21:00 - Spine, SI Joint, Backbending, Twists
Friday 12:00 - 14:30 - Shoulder Joint
Friday 15:30 - 18:00 - Hip Joint
Saturday 12:00 - 14:30 - Arm Balances
Saturday 15:30 - 18:00 - Training Skills for Teachers

ABOUT STU

Stuart is founder of the popular loveyogaanatomy.com website and youtube channel and has been teaching yoga related anatomy for the last 12 years. He has been practicing yoga for 20 years and has a BSc Hons in Health Studies. With an emphasis on understanding how to use anatomy knowledge the workshops he offers focus on: concepts of movement, what makes us individual, how can we understand our limitations and restrictions and how can we avoid injury and create balance.

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