

Inspired Anatomy & Physiology Jivasara Teacher Training

Friday, December 9 6pm-10pm
Saturday, December 10 10am-6pm
Sunday, December 11 10am-6pm

**Schatz Method Master Class Saturday & Sunday
10am-11:15am
Location: The Yoga Room in Little Italy**

**The
Schatz
Method™**



Empower your body. Choose optimal.

The Schatz Method™ is a system of bodywork proven to permanently alleviate pain by treating the source not the symptom. This open forum anatomy course will lay the essential groundwork for you to confidently navigate yoga asana and functional anatomy.

Each year, Marni Task produces a 200 hour YTT program that is leagues above the rest and Gina Schatz teaches her Inspired Anatomy program as the anatomy training. Yoga Alliance requires 20 hours of Anatomy & Physiology instruction of their 200 level certification.

The 20 hour course begins with a review of human physical anatomy & physiology that includes:

- ⇒ Biological systems,
- ⇒ Organs,
- ⇒ Musculoskeletal systems
- ⇒ Connective tissue
- ⇒ Movement planes specifically as they relate to movement practices.

Therapeutics will be demonstrated and injury modification will be explored.

Additionally, the study and application of energy anatomy and physiology (chakras, meridians, etc.) will be introduced and weaved through its connection/affect on the physical anatomy and physiology.

With the outline from Yoga Alliance and the inspiration from a yoga teacher's perspective, this 20 hour workshop provides anatomy and physiology training in a language suitable for teaching.

You will leave the weekend with a fresh perspective and an awe of the body that will enhance your service as a practitioner!



Registration

Anatomy & Physiology \$20/hr

Friday \$60/eve; Saturday & Sunday \$100/each day

Entire 20hr weekend \$250 if paid in full/advance

Yoga \$10/class

Full refund for cancellations accepted one week prior to workshop date. Otherwise, funds will be applied to future course.

You can register now at:
Marnitask.com

**20 NCBTMB CEU's—For massage & bodywork therapists
Yoga Alliance CEU's— For RYT's and ERYT's
AFPA CEU's For Fitness Professionals**

Gina M Schatz
BA LMT NCTMB E-RYT
New York | Cleveland | California
NCTMB Approved Provider #451747-11

"Gina M. Schatz is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider and is also sponsored by NCBTMB to teach New York LMTs continuing education ."