

# JUDITH LASATER

“Deeply understanding the anatomy and movement principles of the body is an invaluable tool for yoga teachers and serious students. Not only does it help your teaching, it also enriches your own practice.”

Judith Lasater has taught yoga since 1971. She's authored eight books, holds a Doctorate in East-West Psychology, is a Physical Therapist, President of the California Yoga Teachers Association, and has been an advisor on three NIH studies on yoga and health.



Pittsburgh, PA April 13 - 15

## THE LOWER BACK AND THE SACROILIAC JOINT ANATOMY, ASANA AND THERAPEUTICS

Many yoga students complain of lower back and/or sacroiliac pain. In this workshop, we will learn the basic anatomy of this area and immediately apply that knowledge to hands on discovery and observation of others. Our goal is to learn therapeutic movement to decrease pain and create normal function. Once we have a basic understanding of the structure and function of the area, we will practice asana together with our new awareness.

For teachers, teachers in training, and serious students.

**Suggested reading: Yogabody: Anatomy, Kinesiology, and Asana  
by Judith Hanson Lasater, Ph.D., PT.**

**April 13th - 15th, 2012**

11:00am - 5:00pm

\$255 by February 1st, \$295 after

**Register at [www.sterlingyoga.com](http://www.sterlingyoga.com)**

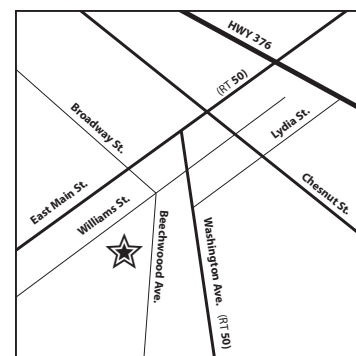
Sterling Painton | 412.260.0533

Jennifer Butera | 412.901.3406

[www.jbuterayoga.com](http://www.jbuterayoga.com)

**Location:**

Carnegie Library  
300 Beechwood Avenue  
Carnegie, PA 15106



“The practice of yoga is fundamentally an act of kindness toward oneself.”