

# Roger Cole, Ph.D. - Teacher Workshops

## July 25 - 27, 2014



### The Art of Sequencing Asana

(for teachers, teachers in training and non-teachers who wish to refine their practice)

July 25th, 1pm - 5pm \$115 (\$125 at the door)

In music, the selection, order and timing of the notes makes all the difference. The same holds true in practicing and teaching yoga asanas. This workshop will teach you how to choose and sequence poses to create the soothing, strengthening, mobilizing, and balancing effects you want in your own practice and in teaching others. You will have the opportunity to develop and test your own short sequences.

### Yoga Anatomy For Teachers

**Yoga Anatomy for Teachers:**

**Lower Body**

Saturday, July 26, 12:30pm-6:15pm \$150  
(\$160 at the door)

**Yoga Anatomy for Teachers:**

**Upper Body**

Sunday, July 27, 12:30pm-4pm \$100  
(\$110 at the door)

**These workshops will teach you the essential anatomy that every yoga teacher needs to know. They will emphasize practical applications in the classroom, including optimal alignment, injury prevention, and modifications for limitations. After viewing illustrations, models and demonstrations, you will practice what you learn so you feel the anatomy from the inside out and see it in action on fellow workshop participants.**

Roger Cole, Ph.D. is a certified Iyengar yoga teacher trained at the Iyengar Yoga Institutes in San Francisco and Pune, India. He has practiced yoga since 1975 and taught since 1980. He has been featured in five of Yoga Journal's asana calendars, co-organized two Iyengar yoga conventions, authored articles on yoga biology and therapeutics, and taught yoga as a healing art to physicians, physical therapists, medical students and patients. He currently teaches at Yoga Del Mar near San Diego and conducts workshops throughout the U.S. and abroad. His specialties include teacher training and the anatomy and physiology of yoga and relaxation. Roger is also an accomplished sleep scientist. Roger is currently developing products, conducting research on sleep and biological rhythms, and consulting to industry.

### (Registration Form)

Please fill out this form and return with payment to: The Yoga Center of Columbia, Parkridge Plaza Building, 8950 State Route 108, Suite 109, Columbia, MD 21045 or fax with credit card info. 410.772.9591. Register at [www.columbiayoga.com](http://www.columbiayoga.com)

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Please check: (✓)  Check here if this is a new address

Telephone # : (Days) \_\_\_\_\_ (Nights) \_\_\_\_\_

E- Mail: \_\_\_\_\_

(✓) Sign me up for the following workshops with Roger Cole, Ph.D.:

**The Art of Sequencing Asana July 25th, 1pm - 5pm \$115 (\$125 at the door)**

**Yoga Anatomy for Teachers: Lower Body Saturday, July 26, 12:30pm - 6:15pm \$150 (\$160 at the door)**

**Yoga Anatomy for Teachers: Upper Body Sunday, July 27, 12:30pm - 4pm \$100 (\$110 at the door)**

Payment Type: (✓)  Cash  Check  Visa  MasterCard  American Express  Discover

Acct. No. \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Signature: \_\_\_\_\_