

# demystifying the shoulder girdle

Through exploration and asana we'll look (and feel) deeply into the hardware and software of the shoulder girdle. You will learn how its component parts must dance around one another to facilitate healthy shoulder mobility and stability. Appropriate for teachers and students with at least one year of consistent practice (CEC's available through Yoga Alliance).

Please bring a notebook and your favorite anatomy book should you have one. Register early; space is limited. For further information call 510-552-0155 or email [ada@adayoga.com](mailto:ada@adayoga.com)

Sunday, Aug 15  
2-4:30pm \$45



**ADA LUSARDI** creates an inviting environment in her classes and workshops combining expertise, compassion and exacting individual guidance to provide a challenging yet accessible practice for students of all abilities and ages. With over 15 years of meditation and yoga training, and extensive knowledge of physiology and anatomy, Ada guides students to new levels of growth and healing. Her passion for movement springs from her experience as a dancer, pilates teacher, lyengar yoga instructor, and yoga teacher trainer. A self-professed "anatomy geek", she leads classes and retreats throughout California's Bay Area and in Portland, Oregon. For more information about Ada's teaching go to [www.adayoga.com](http://www.adayoga.com)