



California  
Yoga  
Center

**Joyce Anue MS, PT** is the director and founder of the YES yoga teacher training programs and has been teaching yoga to groups and individuals for over 25 years.

She is an orthopedic physical therapist with a specialty in yoga based therapeutic exercise and manual medicine for pain relief, physical rehabilitation and injury prevention.

Joyce is committed to bringing yoga to people of all ages and levels of ability. She teaches regular workshops, public classes and teacher training and offers private sessions in the South Bay Area. For more information about her work visit [www.joyceanue.com](http://www.joyceanue.com)

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Palo Alto, CA 94301

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# The Lower Extremity in Asana with Joyce Anue

**Saturday February 4 1:00-4:30 pm**

In this experiential workshop we will:

- Explore the anatomy and basic mechanics of the ankle, knee and hip and how this relates to asana
- Practice sequences and ways of moving that enhance the mobility and stability of the ankle, foot, knee and hip
- Learn to recognize and correct lower extremity misalignment and overstretching
- Learn to modify postures to avoid pain and strain in the ankles and knees
- Understand the energetic importance of "leg and foot work" and how it creates health in the body

Come prepared for an informative, fun and challenging session.

The workshop is open to teachers and students at all levels of practice. CEU's available for yoga teachers.

**Fee is \$70 in advance or \$80 day of the workshop.**

Please register me for **The Lower Extremity** on February 4 in Mountain View

Mail this form with check payable to CYC to:

California Yoga Center, 1776 Miramonte, Mountain View, CA 94040.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/ZIP \_\_\_\_\_

Telephone / e-mail \_\_\_\_\_