



Therapeutic Applications of Yoga

Advanced Courses for Yoga Teachers & Continuing Students

April 23-25, 2010 (9am to 5pm each day)

JOYCE ANUE, MS, PT



Joyce is a registered physical therapist with over 25 years of experience teaching asana and educating students about yoga and healing. She has a strong background in rehabilitative medicine & has taught yoga to all types of students, from elite athletes to retired school teachers.

Joyce, certified in the Iyengar method in 1988, studied for many years with several senior teachers including Kofi Busia, Ramanand Patel and Judith Lasater. During the last decade she has been deeply influenced by the work of TKV Desikachar and the therapeutic methods of viniyoga.

She is also a student of non-dualism and owes a great debt to Richard Miller PhD and Gangaji for her deepest understanding of the teachings of yoga.

She has been involved with yoga teacher education since 1996 and has trained hundreds of teacher since then. Joyce is the director and founder of YES Yoga Educational Seminars (2000), a Yoga Alliance registered, non-residential teacher training certification program in San Jose, Ca. These professional trainings for yoga teachers focus on the therapeutic applications of yoga and combine studies in anatomy, asana, energy systems, therapeutic methodology and ayurveda.

Joyce also holds regular classes and workshops in the South Bay Area and sees private clients in Santa Cruz where she lives with her son, husband and two dogs. www.joyceanue.com



CONNIE HABASH, MA, LMFT

has a passion for spiritual and personal growth through the practices of yoga and psychotherapy.

She began her studies of yoga in 1991, while at the same time she was earning a Master's degree in Counseling Psychology at JFK University. Instantly, she sensed a calling to teach, and in 1993, while practicing as a counseling intern, she also began teaching yoga. www.awakeningself.com

Asana & Anatomy

Shoulder, Elbow, Wrist & Hand;
Postural Assessment
Problem Postures, Modifications & Props

Ayurveda & Yoga:

Clinical Applications with Connie Habash

Review of gunas, doshas and five elements
Basic doshic assessment
Working with the "seat" of the dosha
Pranayama and meditation for the doshas

Pranayama I

Ujayi, Viloma and Anuloma,
Nadi Shodana and Kapalabhati,
Observing Breathing Patterns

LEVEL TWO (500hr) YTT CERTIFICATION PROGRAM

25 CEU's for yoga teachers and students in the 500 hour YTT Certification Program

Location: Center for Spiritual Enlightenment

REGISTER: www.CSEcenter.org (calendar/date)

Address: C1146 University Ave. San Jose, CA 95126

Phone: 408-283-0221 x17 **Fee:** \$500 (save \$50 if 30 days prior)