

SEATTLE YOGA ARTS PRESENTS

Anusara Yoga Workshop

Yoga Anatomy Basics w/ Bianca Raffety

Sat. Nov. 3, 2007, 2:00-4:30 P.M.

Yoga Arts



Breathe new life into your understanding of your body. Join Bianca for a fun filled introduction into some of the basic anatomy you encounter in your yoga classes. You will be introduced to the anatomy of a muscle, how muscles respond to activity and inactivity, how muscles can impact your joints and

how we can most effectively work with them in our practice. This is a great way to empower yourself in developing a deeper understanding of your body, as well as to refine subtle awareness of your physical form in your practice. Open to all levels. Curiosity encouraged, pre-registration required.

Bianca is an Affiliated Anusara Yoga Teacher and long-time student of yoga. Beginning her practice in 1990, Bianca began a journey of intense transformation, learning through the philosophy and practice how to step onto a path that led to deep compassion and strength. She is also an enthusiastic anatomy nerd, delighting in sharing the mysteries of the body with her students. She brings with her an understanding of the body from her training as a massage therapist, a yogin and her experience as a mother.

### Fee: \$30 Registration

Please mail completed form to:

Seattle Yoga Arts, 109 15th Ave E, Seattle, WA 98112

### Questions?

Call Bianca at 206.391.9834 or email [bianca@biancaraffety.com](mailto:bianca@biancaraffety.com)

name \_\_\_\_\_ email \_\_\_\_\_

address \_\_\_\_\_ tel \_\_\_\_\_

Enclosed is my check for \$30  
for Bianca's Anatomy Basics

Please mail completed form to:

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109 15th Ave E  
Seattle, WA 98112