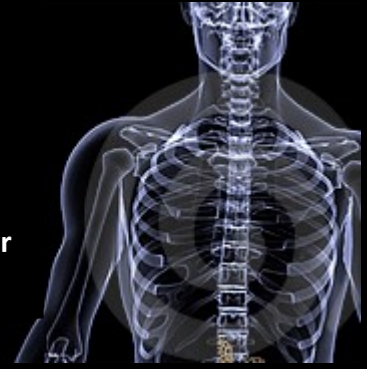


Brought to you by Yoga in Asia & Yogasana

Functional Anatomy & Yoga Physiology

By Michel Besnard, Yogasana's Chief Trainer &
Michelle Lam, Physiotherapist & Yogasana's Anatomy Trainer
10 – 12 July 2009, Kuala Lumpur Malaysia

*& special mini workshop & practice sessions
with Michel Besnard*



Day One – 10 July 2009, Friday

2pm – 5pm : Special 3 -hour Mini Workshops on 'Developing a Complete Yoga Practice' by Michel Besnard

6.30pm – 8.30pm : Anatomy Session I by Michel Besnard & Michelle Lam
- Major Muscle Mapping
- Characteristics of Spinal Vertebrae

Day Two – 11 July 2009, Saturday

8am – 9.30pm : Asana & Pranayama Practice with Michel Besnard

10am- 12.30pm : Anatomy Session II by Michel Besnard & Michelle Lam
- Understanding the Knee Complex & Hip Joint
- Application for Yoga Practice

2pm- 5.30pm : Anatomy Session III by Michel Besnard & Michelle Lam
- Understanding the Shoulder & Pelvic Girdle
- Application for Yoga Practice

Day Three – 12 July 2009, Sunday

8am – 9.30pm : Asana & Pranayama Practice with Michel Besnard

10am- 12.30pm : Anatomy Session IV by Michel Besnard & Michelle Lam
- Yoga Physiology
- Understanding the Respiratory & Digestive Systems

2pm- 5.30pm : Anatomy Session V by Michel Besnard & Michelle Lam
- Functional Anatomy Application in Forward Bend,
Back Bend, Twists & Inverted Poses

Venue: KL Performing Arts Centre, Kuala Lumpur, MALAYSIA

**Course Fees: rm200 per session, except for Asana & Pranayama at rm80 per session
SIGN UP FOR ALL at rm1250!**

For more information, please visit www.yogainasia.com

To register, please contact Phyllis Pek at phyllispek@gmail.com or +65 9113 0823