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seems to be one of the  
less favorite subjects of  
becoming Yoga teachers.  
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might be that the field of  
anatomy has quite high  
access barriers, meaning  
it takes a considerable  
amount of initial effort  
and studying before you

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are able to enjoy the benefits of using anatomy in your practice and teaching of Yoga.

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first software that enables

you to look under the

skin and directly observe

the world of anatomy

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and posture during yoga  
workouts. [http://www.fun](http://www.functionalana...)  
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anatomy texts, David

references body parts

with anatomical words

and descriptions;

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however, he goes further. Using his own experience with yoga asana, putting his own body into the many gravity-defying structures, he creates an understanding for

### Contents

Yoga Anatomy.

Understanding how your body is designed to effectively move, opens you up to more freedom



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in movement This  
30-hour experiential  
course focuses on how  
the body is designed with  
a deeper understanding  
of functional movement.

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rare gem. This book  
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the anatomy and  
kinesiology of yoga  
postures and instills a  
deep understanding of  
the wisdom of ancient  
yoga – in the spirit of  
the modern world. The  
system focuses on the  
applicative side of  
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adapting the nature of the  
yoga practice to the  
posture patterns of the  
yoga student.

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GABRIELLA

BARNSTONE, C-IAYT,  
ERYT500

(FUNCTIONAL  
ANATOMY, YOGA  
THERAPY, MENTOR)

Gabriella Barnstone is a  
certified yoga therapist  
with the International  
Association of Yoga

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Therapists, and has been working at Manhattan Physical Medicine and Rehabilitation under the guidance and tutelage of Dr. Loren Fishman since 2015.

PYI Functional Anatomy  
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Beautifully illustrated  
throughout with colour  
images and photographs  
to clearly explain the

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concepts and asanas,  
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reaching new heights in  
your yoga practice using  
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body and the tools of  
yoga asana.

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I am the best selling  
author of 7 yoga books

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Functional Yoga was developed and organized into a system by Paul and Suzee Grilley; it includes deep understanding of how the body works through functional anatomy studies and also the ever present insight that we are much more than our bodies given by yoga philosophy.

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Functional Anatomy

Applied to Yoga

Description. Study the

anatomy of the body

from a functional point

of view. Enhance your

understanding and your

teaching. Learn More.

dates. September 25 & 26

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