

Love Your Knees

Asana, Alignment, Anatomy

presented by: Lisa Riolo, PhD, PT, RYT 500

MARCH 06, 2010 | 9:30am - 1:00pm

CITYOGA School of Yoga and Health

2442 Central Avenue – Fall Creek Place Neighborhood

Indianapolis, Indiana 46205

317-920-9642

\$35 investment

register online: www.cityyoga.biz

This three and a half hour workshop is designed to teach all levels of students how to maintain healthy knees in yoga practice. After an overview of foot, ankle and knee anatomy, we will move through a vinyasa practice designed to create strong muscular support and healthy mobility in the knees while protecting surrounding soft tissues. We will explore proper alignment in poses that could potentially strain the knees and learn appropriate modifications to reduce risk of potential knee injury.

9:30-10:45 Build your pose from the ground up: Foot and ankle anatomy and alignment
10:45-12 Your amazing but vulnerable knee: Knee anatomy and alignment
12-1 Practice specific to knee demands and alignment (Pranayama/asana/meditation)



From her own yoga practice, Lisa brings to her students the union of breath and movement to focus the mind and bring awareness to the alignment, balance, and strength for each asana. In addition to the physical benefits of yoga, Lisa aims to teach students to appreciate the non-physical benefits of practice by returning to lessons learned on the mat to their daily lives off the mat. Lisa brings her education as a physical therapist to the mat to teach asana practice mindful of alignment to optimize the efficiency and intensity of asana and to be mindful of reducing risk of injury.

Lisa Riolo has practiced vinyasa yoga for over 20 years. She is certified to teach through Cyndi Lee's OM yoga teacher training program based in NYC and has had additional teacher training with Seane Corn, Rodney Yee, Baron Baptiste, Maty Ezraty, Jyoti Hansa, Nancy Schalk, Rolf Gates, and Tim Miller. She is a 500-hour Yoga Alliance registered teacher.

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