

Sharpen Your Teaching Skills

The Lower Body

Presented by: **Wanda Howe, eRYT500** and **Marty Maddox eRYT500**

Saturday April 10th , 2010

10:00 - 1:00 pm

Workshop fee: \$40

For SYTA

Wanda and Marty team up to teach this special workshop on asana and anatomy for the Suncoast Yoga Teachers Association. This workshop will focus on the lower body including the primary muscles of the lower body and hips and how they relate to your yoga practice. Qualifies for 3 CEU's for Yoga Alliance.



Image courtesy of Bandha Yoga(c)



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Wanda Howe, eRYT500 Yoga Alliance certified, has studied yoga since 1983, primarily in the Iyengar tradition. She has taught for 20 years, is an eRYT certified instructor through The Yoga Alliance, serves on the Board of Directors of Suncoast Yoga Teachers Association, is a staff instructor with Pranavinyasa Yoga Teachers Training Program and President of The Yoga Workshop, Inc. Wanda has the ability to distill the training she has received from many yoga teachers and masters into a simple practice that focuses on building a stronger foundation in the yoga practice in order to work towards more challenging yoga, inversions, arm balances and back bends. She conducts ongoing classes weekly, private instruction and frequently offers workshops for students and yoga teachers training.



Marty Maddox, LMT, NCTMB, eRYT500, is the owner and founder of yoga4all located in Seminole, Florida since 1999. She is a member of the Suncoast Yoga Teachers Association, a Yoga Alliance Experienced Registered Yoga Teacher (eRYT) at the 500-hour level and a Licensed Massage Therapist currently holding Florida, national and specialty certifications. Working in alternative health care since 1976, Marty was naturally drawn to yoga which she has practiced for 23 years and been teaching for almost 20 years. She received her education first through a local apprenticeship and then additional training and certification through the PranaVinyasa School of Yoga. Over the years, she has studied a variety of yoga styles with many teachers and her extensive background in human anatomy gives her yoga classes a focus on alignment, structural integrity and safety.

**For More Information Contact : Wanda Howe at 727-432-3018
or Marty Maddox at 392-9642**