

An SCK Chakra Studio Workshop

Movement and Applied Anatomy & Physiology for Yoga and Pilates

Empower your practice, your teaching and your everyday awareness with a deeper understanding of the body's mechanics in this exciting workshop. Whether you teach or practice Yoga, Pilates, dance or fitness, or you are just a serious student of movement, you are invited to:

- Explore the human body and systems, especially our bones, joints, muscles, connective tissue & nervous systems and the mind-body connection.
- Learn how to practically apply the latest scientific research & functional movement best practices with the ancient wisdom & art of Yoga & Pilates.
- Better understand posture, movement, injury & rehabilitation.
- Review how modern lifestyles and today's demographics have made the demand for Yoga and Pilates swell with predictions of continued growth.
- Learn about yourself!

Jeff Sims is a Lahaina-based licensed massage therapist and certified massage therapy teacher, specializing in orthopedic massage, structural bodywork and functional movement. He is a certified Yoga teacher and Pilates teacher. His teaching style is fun and inviting, in-depth and informative.



**Sunday
October 30**

11 am - 2 pm

\$40.00

MEMBERS

\$45.00

NONMEMBERS