

ANATOMY OF ASHTANGA YOGA: a 2 day workshop with Geha Gonthier

JULY 3rd & 4th



Geha Gonthier,
B.A., ERY-T, LMT, RAC

Geha holds a degree for movement therapy from the University of Vienna. She began practicing yoga in 1984, started teaching in 1987 & has been teaching Ashtanga Yoga since 1992 after studying with Nancy Gilgoff. Geha is an alternative health practitioner practicing Shiatsu & Cranial sacral therapy. Besides teaching yoga she also practices Traditional Chinese Medicine & is a registered Acupuncturist. Geha draws her extensive knowledge of the human body from her training & experience in all her diverse disciplines, incorporating both the physical & energetic aspects of the body into her teachings & her therapeutic practices.

During this workshop we will explore basic human anatomy & physiology focusing mainly on the musculoskeletal system of the body as it pertains to our yoga practice.


This workshop is designed to help you understand key anatomical structures & is helpful not only to the aspiring teacher but also to the dedicated practitioner.

Understanding the basic anatomy instructions you are receiving in a class will have a profound impact on how you do even the most simple yoga poses. Good alignment is the key to a healthy practice & the awareness of basic anatomy will help you to optimize your practice & prevent injuries.

Thursday we will focus on the skeleton, the joints and their range of motion. We will discuss muscle groupings as well as muscle shapes and functions. Basic bone, muscle & pertinent organ physiology will also be reviewed.

Friday we will apply our knowledge to the key postures of Ashtanga yoga, by exploring the dynamic movements in the most common postures found in the Ashtanga practice.

We will also examine the antagonistic and synergistic muscle functions, to help deepen our understanding of proper joint alignment.



TIMES: Thursday, July 3rd from 11-4
Friday July 4th from 11-5

INVESTMENT: \$160 (plus gst)