



ANATOMY & PHYSIOLOGY FOR YOGA TEACHERS

5 WEEK COURSE LIVESTREAM OR WATCH THE
RECORDINGS DURING THE WEEK

FELICITY MOLLOY

PhD | MEd | GDHE | MNZ RMT

YogaNZ Council
Senior Level 4 1000h

Founder member of the
Global Consortium for
Yoga Therapy
(GCYT, Japan, 2018)

Felicity has practiced and
taught yoga and movement-
based anatomy for over
thirty years.

Both teaching and research
are
influenced by long-term yoga
and clinical massage
practice.

National qualifications
developer
for yoga, integrative anatomy
, massage, Somatics and
dance in New Zealand.

*I bring to my
learning communities an
empathetic curiosity for
human
bodies' abilities to think
deeply into practice action
and extension.*

COURSE TOPICS

- ∞ Major human muscles and bones for yoga action and posture.
- ∞ Cells, tissues, organs, and systems with regards to homeostasis.
- ∞ Yoga anatomy and Western-based systems.
- ∞ Respiratory, endocrine, and nervous systems for yoga practice.
- ∞ Translation of anatomical terminology to yoga teaching.

COURSE INFORMATION

Dates: 18 November to 16 December 2020

Time: 7-8.30pm (7.5 hours in total over 5 weeks)

Cost: \$245.00 for the full course or \$55 per single session (both prices include week-by-week handouts and recordings for personal use only, available for a week after each session to those who have registered).

Levels: For teachers with 200+ hours, a great refresher for experienced teachers, and for more experienced yoga students.

YogaNZ CPD points: 4.5

REGISTRATION:

For more information or to register and receive the Zoom details, email Felicity Molloy - fjcmolloy@gmail.com