



Friday, 1.27.12 | 6:00 - 9:00 pm
Saturday, 1.28.12 | 12:45 pm - 8:45 pm
Sunday, 1.29.11 | 8:30 am - 3:30 pm
[Breaks: Saturday, 4:45-6:15pm | Sunday, Noon -1:30pm]

Marinda Stopforth

Functional Anatomy for Yoga

“Without art there is no science. A philosopher is always an artist and vice versa. Our body is the instrument for our art.”

- BKS Iyengar

Knowledge of anatomy brings greater understanding of how the body moves so that we approach yoga poses from the inside out, rather than from the outside in.

Yoga is a powerful tool for keeping our bodies safe and our minds grounded. Marinda makes learning about anatomy fun, practical, and applicable to the practice and teaching of yoga. Methods of teaching will include lecture, asana, pranayama, and bio-feedback practice along with fun, interactive learning exercises.

Call Cascade Yoga at 616.464.1610 to register!
Payment & pre-registration secures your spot.

\$265 (before 1.13.12)
\$315 (after 1.13.12)
Includes Book!
\$35 cancellation fee



Marinda Stopforth OTR/L, CLT, CYT500, is an occupational therapist, specializing in lymphedema management and treatment. She's worked as a yoga therapist in a complementary health clinic as well as an aromatherapist and reflexologist. Marinda's also a Reiki master teacher.

Marinda completed her 500-hour advanced yoga teacher training with Prairie Yoga, and is currently enrolled in a 500-hour teacher training with the Bhavana Institute. She has studied with master teachers Tias Little, Aadil Palkhivala, Gabriel Halpern, and Nicolai Bachman, and with meditation teacher Peter Russell.