

# MUSCLE IMBALANCES:

## Using Yoga to Prevent and Heal Back Pain

*with Julie Gudmestad*

**June 11th - 13th 2021**  
**10h00-12h30 & 14h00-17h00**

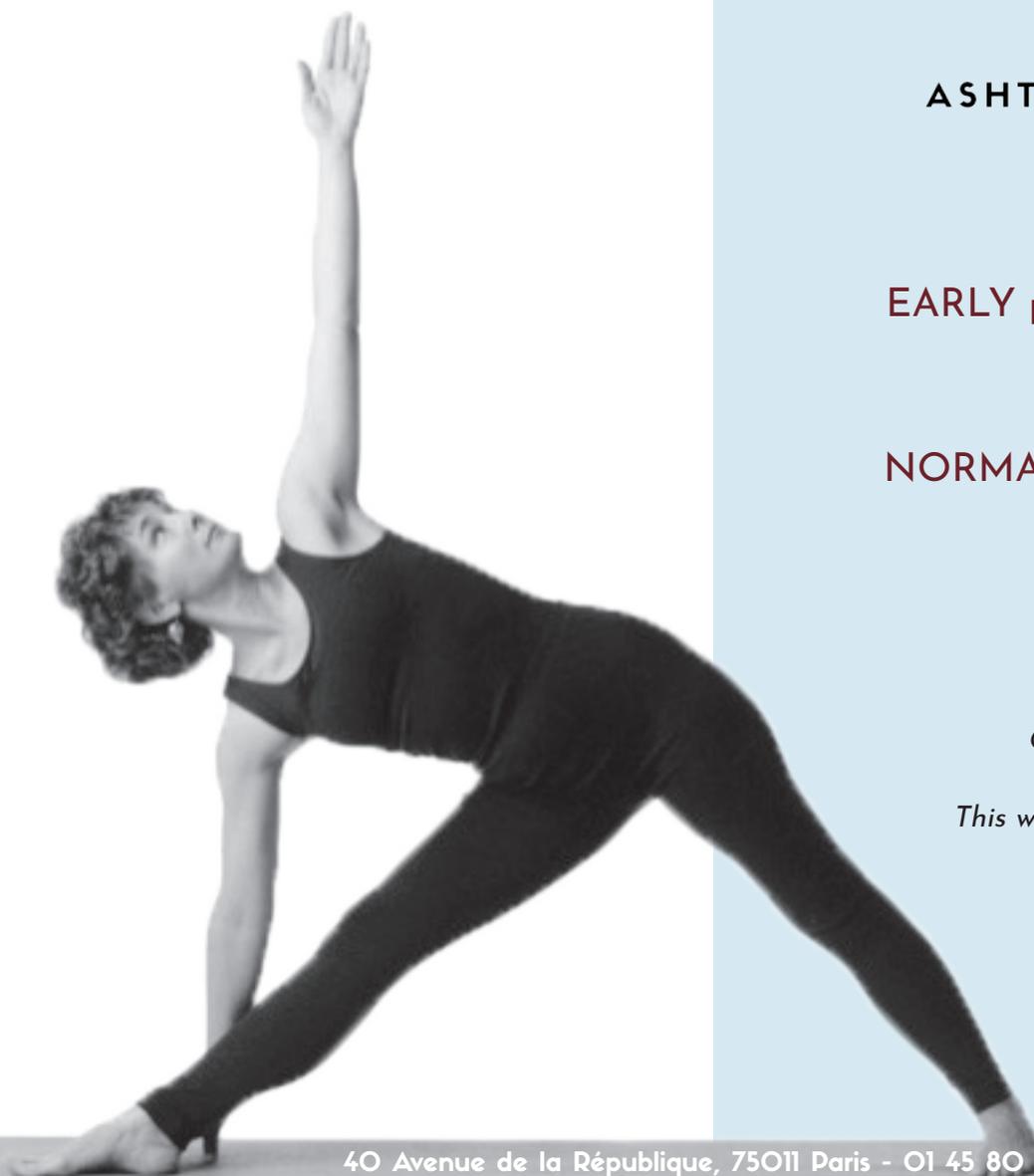


ASHTANGA YOGA PARIS

**EARLY price - before March 1st**  
250 €: all 3 days  
170 €: only first 2 days

**NORMAL price- after March 1st**  
280 €: all 3 days  
190 €: only first 2 days

*Qualifies for 16 1/2 hours towards  
AYP Flexible Format 300h TT*  
*This workshop will be taught in English*





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Muscle imbalances around the hips, pelvis and low back can cause and contribute to back pain and injuries. On the other hand, a well-balanced yoga practice can help prevent back problems and can bring relief to students who come to class seeking help with previous injuries.

In this class, we will study important muscle groups in this area, including the psoas and hamstrings, abdominals and erector spinae, and hip abductors and adductors. We will look at common imbalances (strong vs. weak and tight vs. flexible) in these muscles and how they contribute to misalignments that set the stage for problems. Then we'll practice yoga poses and sequences that correct imbalances, improve alignment, and relieve pain.

Julie began teaching yoga in 1970 when she was a student at Reed College. Introduced to Iyengar yoga in the late 70's, Julie became Iyengar certified in 1988. At that time, she opened her own studio and began to train the teachers who currently teach there.

Julie attended physical therapy school at Pacific University, graduating in 1977. She opened her private practice in 1983 and has practiced physical therapy continuously since that time. Julie has advanced training and work experience specializing in orthopedic problems, chronic pain, sports injuries and stress-related problems.

Julie's goal is to make the healing powers of yoga accessible to people of all levels and abilities. If a class moves too quickly, students may get frustrated and quit without ever receiving the healing benefits of practice. She prefers that students take progressive steps, starting with gentle poses in a beginning class. It is Julie's belief that the ability to slow down and stay present is an important aspect of healing, and that yoga encourages a mindful state that can heal people emotionally and spiritually, as well as physically.

For many years Julie has worked to integrate the healing powers of yoga with her Western medical knowledge. She has created a unique teaching style and teaches workshops, including "Anatomy Awareness in Asana" and "Yoga for Physical Therapists," throughout the U.S., Canada and in Europe. You can also see more of her work in the Yoga Journal online, where she wrote the "Anatomy of a Yogi" column for 7 years.

Here you can read some of Julie's Yoga Journal articles:  
<https://www.yogajournal.com/author/julie-gudmestad>



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**Please fill in and send with full payment (check labelled to "Ashtanga Yoga Paris")**

Ashtanga Yoga Paris  
40 avenue de la République  
75011, Paris

+33 (0)1 45 80 19 96  
www.ashtangayogaparis.fr  
info@ashtangayogaparis.fr

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Price options, please mark below:**

**Early bird registration (if paid before March 1st 2021)**

**Normal registration (paid after March 1st 2021)**

- All 3 days: 250€
- First 2 days: 170€

- All 3 days: 280€
- First 2 days: 190€

**PAYMENT OPTIONS** (Priority goes to those signing up for the whole workshop):

- Online:** Secure payment by credit card (only FULL workshop registration).  
Visit: [www.ashtangayogaparis.fr/2021-julie-gudmestad](http://www.ashtangayogaparis.fr/2021-julie-gudmestad)
- Bank transfer:** Please contact us for instructions and our bank details.
- Check** (check labelled to "Ashtanga Yoga Paris") --- Amount: € \_\_\_\_\_
- Cash** --- Amount: \_\_\_\_\_ €

**CANCELATION POLICY:**

- Payments of 25 euros or less are non-refundable.
- An admin fee of 25 euros will be deducted for cancellations made more than 21 days before the workshop.
- Only half of the sum paid will be returned 8 to 20 days before the workshop.
- The sum paid is non-refundable 7 days before the workshop.
- We don't accept transferring of a paid reservation to another person after 2 weeks before the workshop.
- We advise to those coming from out of Paris to purchase travel insurance as travel issues will not change this policy. Medical issues will also not change this policy. As the teacher is confirming their presence and is guaranteed the amount of people who are attending 21 days before, we ask for your understanding of this policy.

**Please sign and date in acknowledgement of the cancellation policy above.**