

**Ever wonder  
why some  
poses are  
difficult to execute?**



**Or why some  
injuries never heal?**

**Has your yoga  
practice seemed to  
have stalled?**

### **Embody This:**

A deeper understanding of how and why your body moves.

Tools to support a balanced body.

Greater knowledge to help prevent injuries.

Key exercises to strengthen and stabilize the shoulders and upper back.

# **THE DYNAMIC SHOULDERS:**

**How to Maintain Muscular and Structural Integrity of the Shoulders in Yoga**

Presented by  
Tammie Bigley, MSPT and  
Angela Sullivan, CYI

**APRIL 14, 2019  
10:00am - 5:00pm  
at  
Carson City Yoga  
305 N. Carson St. #202  
Carson City, NV**

**\$125**

after April 5th

**REGISTER  
TODAY**

**\$115**

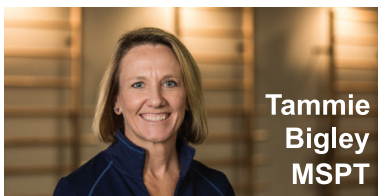
Through  
APRIL 5th

**REGISTER ONLINE: [carsoncityyoga.com/shoulders](http://carsoncityyoga.com/shoulders)**

***PART 2: The next required daylong workshop for all yogis and any body with moving parts.***

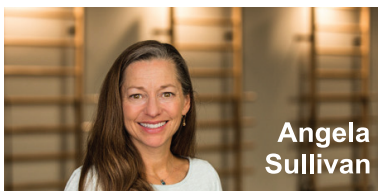
The engaging collaboration of Tammie Bigley and Angela Sullivan brings together decades of experience and training to this life-changing workshop. Combining the sciences of anatomy and biomechanics, and applying it to the practice of Hatha Yoga to create the most important yoga workshop you will attend this year!

### **Workshop Instructors**



**Tammie  
Bigley  
MSPT**

Director of Women's Health at Ascent Physical Therapy, Tammie is a survivor of gymnastics and brings her exceptional ability to break down scientific concepts into something accessible to everyone.



**Angela  
Sullivan**

Certified Yoga and CoreAlign Instructor at AscentPT and proud survivor of sacroiliac dysfunction. Angela's 30 years of practice and teaching of Yoga informs her unique approach to conveying the importance of a balanced body and the essential core teachings of Buddhism.

### **QUESTIONS:**

**eMail Angela at  
[sunmountainyoga@gmail.com](mailto:sunmountainyoga@gmail.com)**

**REGISTER ONLINE:  
[carsoncityyoga.com/shoulders](http://carsoncityyoga.com/shoulders)**

**[AscentPhysicalTherapy.com](http://AscentPhysicalTherapy.com)**