

 EMILIE PERZ YOGA



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Emilie Perz is a yoga movement therapist based in Los Angeles, CA and founder of Yoga Integrative Therapies. She is widely known for her strong, creative and educational approach to yoga. Voted one of Los Angeles' best yoga instructors, Emilie's teachings reveal how yoga mirrors the practical movements we make in life and how learning to align your unique body properly can create optimal health. With a hands-on approach she uses functional movement and clear anatomical and educational cues to inspire students and patients to take control of their personal health.

Emilie weaves her knowledge on yoga, sports medicine and therapeutics into her public classes while working clinically alongside doctors creating comprehensive treatment plans for patients. She treats muscular imbalances, disease and mental illness with individual yoga therapies. Emilie is also a Senior Yoga Medicine teacher under the direction of founder Tiffany Cruikshank, with whom she has traveled extensively with assisting teacher trainings and workshops all over the world. She also continues to train under the keen eye of Yogaworks founder Maty Ezraty.

Emilie sees patients clinically at Urban Med in Beverly Hills and Downtown Los Angeles and teaches publicly for Yogaworks, Equinox and Liberation Yoga. Emilie's purpose is to pioneer the road of yoga and medicine in an effort to provide adequate, sustainable health + care to everyone in need. Because Emilie truly believes that yoga is for everybody.

Train with Emilie and discover the tools to longevity, peace and an overall better sense of well-being.

WORKSHOPS

2017 Back to Basics Workshop Series

Your body is unique and one of a kind. In this workshop series we will discuss the purpose of yoga asana, the physical intention behind the postures and the reality that due to our own genetic makeup the postures will look and feel different from one person to another. This an opportunity to learn basic anatomy and to discuss how bone, muscle and lifestyle all influence the biomechanics of how our bodies move through the practice. Come prepared to break down certain areas of the body and to look at how the poses impact us and can create a better sense of balance, stability and equanimity.

ALL LEVELS

Happy Handstands

Inversions are not only mentally scary but also physically complex. Our aversion to them can come stem from fear, trauma and an overall lack of confidence. In this fun flow we will break down the many component parts, both anatomically and energetically, that get in our way to getting up. Learn how to set yourself up for success with proper alignment, body coordination and several techniques to help you levitate effortlessly. Sometimes breaking down our own mental/physical limitations can tap us into the superhero potential within. So let's have fun with handstand to feel lighter, brighter and happy.

A Balanced Booty

Our lower body contains powerful muscles that walk us through life. In this dynamic flow we will mindfully learn and examine the anatomy of the lower body and how these muscles influence the way we move. Athletically speaking, different workouts such as running, cycling and lifting demand repetition that leads to overworking one

muscle group while underworking another. Because yoga requires both strength and flexibility, it's important that the muscles be balanced in order to provide us support while we flow. Come learn new ways to strengthen underutilized muscles and correct compensation patterns caused by tightness/weakness. With better balance we can mitigate injuries, move easier through our practice and dive deeper into poses that once felt scary and unachievable.

What is my Core

Jaw-dropping six-pack abs are glamorized everywhere from magazines to Instagram. While these muscles are aesthetically pleasing, most of us don't know how to properly target the abs for long-lasting results. Collectively, the core muscles work to provide support for the body as we move through our intense workouts. Training them efficiently and effectively will help improve your strength and balance. However, most yogis learn to train these muscles through endless crunches or navasana that can create imbalance and tightness in other areas. Come learn the subtle anatomy of the core musculature and how to activate these often underutilized muscles in our yoga practice. In this workshop, we will begin with a brief explanation of the anatomy followed by some focused exercises that will lead us into a practice to put these muscles into action. Though complex, once we learn how to integrate these muscles properly we can effectively tone the midline, strengthen our low backs and improve our overall health.

Discover the Psoas

The word psoas gets a lot of buzz these days in both fitness and medicine due to its location right in the center of our being. Because it is the impetus for a healthy, functional body, when tight and weak this muscle can be the culprit of low back pain, hip dysfunctions and knee injuries. In this workshop we will examine where the psoas is located, what it does in our lives and how it has a direct effect on our nervous system. During this practice you will learn how to identify what is going on with your psoas, techniques to treat and care for an

overworked and exhausted one and how to build better postural/lifestyle habits for body cohesiveness and skeletal balance.

Vitalize Your Back & Shoulders for Backbends

A healthy back and shoulders are crucial to overall body longevity. Unfortunately, poor postural habits, injuries and simply our own genetic makeup all play a role in whether or not we can successfully attempt certain backbends. When we force backbend shapes and movements without the right conditioning it can result in pain in the low back and legs or inflammation of the joints. In this workshop, we will examine common issues in the back and shoulders that limit our ability to backbend. Learn ways to create more mobility, alleviate tightness and stabilize the back and shoulders and back for healthier, happier backbends.

Art of Arm Balances

Let's face it arm balances are like the rubik's cube of yoga. Each one of them awe inspiring and uniquely different and challenging. However, these poses can really puzzle us due to their demand of effort, force and attention to detail as well as their awkward anatomical positioning. Like a plane, there are many component parts that need to be synergistically pieced together in order to take flight and without the proper understanding we tend to accelerate ourselves into these postures without proper understanding. In this workshop we will break down the dynamics of these postures and how linking the relationships of our parts to the poses can lead to breakthroughs in balance. Take a moment to step back from the demanding parts of these poses and hone in on the strength and flexibility required to actually lift off and stay up.

Skills to Sequencing

Incorporating our new knowledge of biomechanics and how they relate to the practice, we will begin to formulate intelligent sequences that are meaningful and effective for most body types. Hone your ability to create dynamic effective classes that build a theme and peak pose while providing correct cues that build better awareness and alignment.

Some of the topics discussed include:

- Key concepts for themes, energetics and anatomical purpose
- How to formulate a well-rounded flow that targets each body part
- Options for increasing and decreasing difficulty that lead to a peak pose
- Effective cuing for better proprioception and alignment

PHOTOS







CONTACT

To book Emilie Perz, contact:

Emilie Perz Emilie@emilieperzyoga.com