



# EmbodiYoga : The Glands

The Glands are an intricate web of structure and function that supports our central core. This core runs from the floor of the pelvis to the center of the cranium and integrates the musculoskeletal system, the diaphragms, the organs, and the nerves. With the felt impact of sacred poetry we will learn to embody the endocrine system, by exploring each individual gland; the glands in dynamic supportive relationship to each other; and how the glands and musculoskeletal system integrates movement into crystalline states of consciousness.

## Dates and Times

Fri., July 16: 3 – 7p

Sat., July 17: 10a – 5p

Sun., July 18: 10a – 5p

## Cost

\$250.00 if paid by July 1  
or \$275.00 thereafter.

Sfeer Studio, Chapel Hill,  
North Carolina

## Register

Email Lisa at [l.clark@rocketmail.com](mailto:l.clark@rocketmail.com) or phone  
919-423-1265.

EmbodiYoga looks at the relationship of movement to all the systems of the body, not just the musculoskeletal system. While muscles and bones are vitally important organizing principles for teaching yoga and movement, we will use this weekend to explore how the body/mind organizes itself around the endocrine system/glands and the information they bring us.

Lisa Clark is a leading innovator teaching the integration of Yoga and Body-Mind Centering™, developed by Bonnie Bainbridge-Cohen. Students who have studied with Lisa find her work to be transformative for their personal practice and work with students and clients.



This workshop can be applied for continuing education credit, or for 500 hours of teacher training through the Yoga Alliance. Please see [yogabodymindandspirit.com](http://yogabodymindandspirit.com) for information on our advanced studies and teacher training program.