



CONTACT ME!

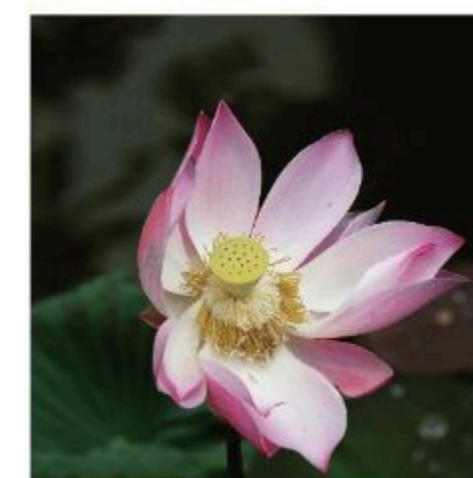
DIANE AMBROSINI YOGA

Yoga is Life
Life is Love
Love is Union
Union is Yoga

~ Unite with Love ~

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Offering Yoga Related
Workshops and Continuing
Education for Yoga Studios
and their students



ABOUT DIANE

MASTERS DEGREE EXERCISE SCIENCE

IAYT – CERTIFIED YOGA THERAPIST:
SPECIALIZING IN MUSCULOSKELETAL
YOGA THERAPY

YOGA ALLIANCE E-RYT500

YOGA ALLIANCE CONTINUING
EDUCATION PROVIDER

MEDITATION FACILITATOR

AUTHOR – "INSTRUCTING HATHA YOGA:
A GUIDE FOR TEACHERS AND
STUDENTS"

> 4500 HOURS GROUP YOGA
INSTRUCTION

> 2000 HOURS PRIVATE YOGA
INSTRUCTION/THERAPY

> 500 HOURS YTT INSTRUCTION

Examples of recent workshops --->
Please contact me for information on
other popular presentation topics.

Put Your Best Foot Forward

This unique workshop brings deep awareness to the foundational elements of standing and postural alignment: our amazing human feet!

Through gait analysis, specific yoga poses and hands-on modalities, participants will walk away from this session with tools to keep their feet in good running order. An anatomical overview of the role functional feet play in our everyday lives will be discussed and each participant will recognize compensatory patterns other areas of the body use for misalignments that often occur at ground level.

Anatomical Explorations Meet Me At 12th & Thoracic

Exploring the specialized architecture of the thoracic spine illustrates a delicate balance between stability and movement in the region. When these aspects are out of balance, misalignments and pain occur.

This workshop focuses on the importance of muscular strength, mobility and postural alignment to keep the trunk, specifically the spinal and ribcage areas healthy and functional.

Tending A Home Yoga Practice

Like any other worthwhile endeavor, yoga at home needs to be practiced with consistency in order to reap the most benefit for our efforts.

This fun, interactive workshop allows each participant to create a well-balanced, personalized yoga practice that plays to their individual strengths.

Topics include preparing sacred spaces for practice, creating short but meaningful rituals as a means toward consistency, as well as experimenting with a variety of yoga poses that best fit each individual.

Anatomical Explorations Neighborhood of 5th & Lumbar

The area of the lumbar-sacral spine is an extremely dynamic place. When all parts are in harmony, movement is energetic and easy. Unfortunately, due to poor movement patterns and postural misalignments, this region suffers a considerable number of musculoskeletal and neurologic injuries.

This workshop offers an anatomical awareness of the low spine region and practical spine and hip related asana to gain strength, mobility and ease.