



EMILIE PERZ YOGA

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Emilie Perz is widely known for her strong, creative and educational vinyasa flow classes. Voted one of Los Angeles' best yoga instructors, Emilie's detail-oriented teachings reveal how yoga asana mirrors the practical movements we make in life and how learning to align the body precisely can create energy and equanimity in the body and mind. With a hands-on approach she guides her students through a rigorous yet refined practice focusing on anatomical and educational cues that inspire students to take control of their own personal health and well-being.

Emilie is a Senior Yoga Medicine teacher under the direction of founder Tiffany Cruikshank, with whom she has traveled extensively assisting teacher trainings and workshops while deepening her own anatomy studies. She also continues to train extensively under the keen eyes of Maty Ezraty and Krista Cahill to

refine her knowledge of classical yoga asana and precision alignment. Emilie weaves her knowledge on yoga, sports medicine and therapeutics into her public classes while working privately with professional athletes, celebrities and individuals with injuries.

Emilie resides in Los Angeles where she is the Community Builder for Yoga Medicine and teaches publicly for Yogaworks, Equinox and Liberation Yoga. She also works part time at a collaborative health clinic in Beverly Hills with physical therapists, chiropractors and doctors on high profile clients. Emilie's goal is to educate individuals on how they can use yoga as medicine to heal and strengthen their body.

WORKSHOPS

ALL LEVELS

Advanced Basics - Tadasana and Standing Postures

Work hard, flow, and revitalize your practice. Tadasana is the building block from which all other poses are built. It is the blueprint of all standing postures and is paramount to a healthy, strong asana practice. Rarely is this seemingly simple pose broken down and taught in a way that can make you more efficient in all other areas of your physical practice. In this workshop, we will deconstruct the anatomical and energetic components of Tadasana to deepen our understanding of the whole body. With a solid understanding of this fundamental pose and how it intersects our entire life, we can safely find more depth and strength in our inversions, backbends, hip openers, twists, and forward folds. Come prepared to work hard and unlock the unique benefits of standing postures while cultivating strength and fluidity. This workshop will help you experience a greater connection to the foundations of yoga. For once, it's good to be basic.

Core Decoded

The core is often a misunderstood part of the body that is underutilized in our yoga practice because of our inability to activate it. In this workshop, we will dissect the core of a yogi by discussing the anatomy and how we use the correlating musculature to support our entire body. Then we will move into a strong flow built upon our new understanding to challenge these muscles and to understand their significance in creating stability and strength. 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. Come prepared to whittle your middle and leave feeling informed and confident!

Lower Body Stability for the Pelvis and Legs

The lower body is a complex system of muscles that governs our relationship to gravity. As yogis, over-emphasizing the lengthening and opening of a particular muscle group such as the hamstrings can often lead to a cascade of problems in our low back, hips and knees. In this workshop, we will explore the muscles of the pelvis, legs and low back and learn ways to engage these muscles synergistically to create strength and suppleness. Explore new ways to find balance both on and off your feet by releasing tight, overworked muscles and actively engaging underutilized ones to bring the body back into perfect balance.

Upper Body Fluidity - Chest, Shoulders & Backbends

Let's be honest, backbends are beautiful but the demands of vinyasa flow can often create an imbalance in the muscles of the upper chest and arms (ie. too many chaturangas) making back bending a challenge. In this workshop, we will explore ways to create a sturdy, yet supple, upper body. Learn basic anatomy of the arms and torso, ways to maximize mobility, and how to properly prepare the shoulder joint for weight bearing. We will play with a mix of poses to open the upper body before heading into an assortment of backbends. While this workshop can't guarantee you the love of your life, it can guarantee that you'll walk out with an open heart (and arms to offer up hugs with).

Unwavering Strength - Arm balances and Inversions

Controlling gravity is the key to mastering inversions and arm balances and unless your name is Clark Kent, the key to controlling gravity is whole body integration. As yogis, over-emphasizing the opening of specific muscle groups can oftentimes create misalignments that lead to instability in these postures. In this workshop we will learn how the muscles of the arms, core and pelvis activate to stabilize the low back, hips and legs during lift off. Learn how to engage these muscles confidently to soar like a superhero into more advanced poses.

The Art of Teaching

The most important thing you need as a yoga teacher isn't a certification paper--it's mastering the science of "looking," the art of "seeing" and the ability to communicate clearly with students. Through partner work, you will have the opportunity to brush up on your skills to intelligently cue a student into the pose and enhance individual poses with physical and verbal adjustments. Learn how to physically assist your students while deepening your own knowledge of anatomy and alignment. We will also look at how to appropriately link poses together to create your own meaningful vinyasa flow. Whether you're an instructor looking to improve your skills or a student wanting to take your practice to the next level, this workshop will give you the tools to confidently create an environment in which you and your pupil(s) can work and learn together.

PHOTOS





CONTACT

To book Emilie Perz, contact:

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