



## The Vital Psoas

Tutor:	Jo Ann Staugaard-Jones
Type of Day	Ongoing Training Day
Topic/Title	The Vital Psoas Muscle
Date	Saturday 13th August - Sunday 14th August 2022
Start Time & End Time	Saturday: 2-5pm, Sunday 10am-4pm
Location	Beetroot Sauvage, Edinburgh
CPD Points	12

About this session:

### The Vital Psoas Muscle

Discover the psoas major as a powerful yet mysterious muscle that can effect the lower back, the deep core, posture, trauma, and energy channels.

About Jo Ann Staugaard-Jones:

Jo Ann Staugaard-Jones is an international movement educator and author, an Advanced Pilates and E-RYT500 Yoga Teacher Trainer , as well as a movement specialist, Kinesiology, Dance & Exercise Science Professor. She resides in beautiful Northwest New Jersey, USA.

Jo Ann has taught throughout the US, in the UK, Sweden, the Netherlands, Prague, Costa Rica, and France. Believing knowledge of the body is a pathway to health and healing is the main focus in all workshops. She is a member of the International Association of Dance Medicine & Science (IADMS) and PAMA, the Performing Arts Medicine Association, IDEA Fitness, the International Association of Yoga Therapists, and a senior trainer & Continuing Education provider through Yoga Alliance.

She is a featured presenter at many conferences and holistic retreats, and instructs Yoga Teacher Trainings with Irum Naqvi and the Center for Natural Living.

The Vital Psoas Muscle Book by Jo Ann Staugaard-Jones has sold over 100,000 copies in 11 different languages.