

Hello Yoga Medicine® Cadaver Lab participants,

We are so excited to have you in the Cadaver Dissection Lab! Please read this email in its entirety when you receive it and email info@YogaMedicine.com if you have questions.

First off, I would like to say that many people worry about how they will react to the cadavers both emotionally and the physical act of cutting into a human. Clearly this is an interesting endeavor and we need to acknowledge the emotional aspect of what we are doing; however, it is also important to acknowledge that the donors have donated themselves for this process – for our education. It is our duty to respect this process and make full use of their generous gift. This is not a spectator sport; we will begin dissecting on the afternoon of Day 1 through the last day. In my experience, the eerie factor quickly gives way to the fascination and information that we are able to extract in this format.

Our purpose this week is to further our understanding of the anatomical actuality as it exists in the body through investigation in this dissection format. This is a rare and unforgettable learning experience where you will be an active participant within a group to extract as much information as possible. The process is profound as you witness, engage in and experience the entire human anatomy in the deepest possible way.

You are not required to have dissection experience; this class will be an exploratory investigation. You will be split up in to groups of 8-10 people to a cadaver and as a group you will each dissect an area of the body. We will come together as a group to observe learning points that are helpful along the way, but a large part of this training is the process of experiencing the layers of the human form. You will need to be completely committed to what is a challenging and meticulous process as well as to be considerate of others, your surroundings and the donor to carry a positive intention within this experience.

Requirements: You will need some lab gear for this training, including: a white **lab coat**, box of disposable exam **gloves** (latex or non-latex if fine), **mask(s)**, and glasses or safety **goggles** to cover your eyes. You will probably want to wear old clothes/shoes and **no open-toed shoes or shorts in the lab** you must wear pants or you can wear scrubs if you prefer. We will be on our feet most of the day in the dissection so make sure you have comfortable clothes and shoes and bring layers as it can get cold in there. Make sure you get gloves that fit you so you are comfortable (approximate is usually fine) and bring at least 100 count. If they are too thin you will need to double them (3-5mil thick should be about right). There are links to examples for each at the bottom of this document. If you are sensitive to smells we recommend bringing some essential oils to apply to your mask, though the untreated cadavers have much less smell to them. All tools will be supplied but please bring a pen, paper and any favorite anatomy reference books you like.

Self-Care: Please be mindful that this is an intensive week and be prepared. Bring essential oils for your hands after washing or to use on your mask. Plan to have some time to rest at night, you will need this to be prepared for the next day. I discourage people from working during the week (other than emails at night as needed). You will find yourself fully immersed in this process and mostly likely more tired than you might expect at night. I recommend making yourself move somehow in the evening but in a way that nourishes you and prepares you for the next day. Please come prepared to do what you need to take care of yourself.

There are no cameras or phones allowed in the lab. The only thing you can bring in is a paper & pen (though most people won't, as you will be immersed in the experience and probably take notes on the breaks). We will be taking some photos & videos to use for Yoga Medicine while we are there and we ask that you move away from the cadaver when we are filming if you do not want to be in them.

Preparation: please gather the supplies needed (listed under Requirements) and print & sign hold harmless form.

Don't worry you won't need to know all this but it helps to look it over to get an idea for what we'll be doing. I also recommend looking at some of [Gil Hedley's cadaver videos](#) to help prepare if you have time, they are an excellent resource.

Please be sure to bring the signed waiver with you the first day!

ANTICIPATED SCHEDULE (subject to change)

April 24-27, 2023

Please arrive at: [Laboratories of Anatomical Enlightenment](#) (5401 Western Ave, Boulder, CO 80301) by **8:45am** to prepare and begin by 9am. We must all be prompt so that we can begin & end together as this is a group process. Please bring a pen & paper to take good notes.

Each day we will discuss what we're working on to create context for the group and prepare for the day before heading into the lab. Then we will break for a 1hr lunch (there are plenty of restaurants within walking distance of LAE), and directly following lunch we will reconvene back at the dissection lab where we will spend the afternoon. At the end of the day we will all clean up together as it is a group process. This is a team effort and a unique opportunity to connect and share and I value everyone's active participation.

This will be visual and hands on so come wearing comfortable clothes. There will not be any guided asana practice this week, but we highly recommend that you maintain a practice on your own to explore what you've learned in your body (also these will be long days of sitting & standing so the practice will be very helpful for that).

I look forward to seeing you all there and connecting with you more!

Tiffany ;)

Links to options for materials needed (though you can choose any you like):

Gloves: there are tons out there, [click here](#) for one option

Masks: [here's one option](#) - plan on using 1-2 per day, though you could use the same one all week if you want

Safety glasses: there are tons out there, [click here](#) for one option - remember if you wear glasses you won't need these

Lab coat: again there are many options, try [this option](#) or [this second option](#)

Essential oil: [here is the product](#) I like to use but any you prefer will do

Hotel Options

- [Hyatt Place Boulder](#), 2280 Junction Place Boulder, CO 80301
(303) 442-0160
- [Homewood Suites](#), 4950 Baseline Rd, Boulder, CO 80303
(303) 499-9922
- [Residence Inn](#), 3030 Center Green Dr, Boulder, CO 80301
(303) 449-5545
- [Courtyard by Marriott](#), 4710 Pearl E Cir, Boulder, CO 80301
(303) 440-4700