



The Living Anatomy Project (LAP) at EB 2008!

Amazing, but true. Learning the musculoskeletal system and all of its bones, muscles, ligaments, tendons, vascular supply, and movements can actually be fun – and good for you, too! The Living Anatomy Project (LAP), an innovative educational program that teaches anatomy through yoga and Pilates, lets all participants learn about the musculoskeletal system through the movements of their own bodies. Formatted into hour-long classes, the LAP takes attendees through several series of yoga and Pilates exercises that demonstrate specific movements of the vertebral column and extremities, while reviewing underlying musculoskeletal anatomy in a fun and relaxing learning environment.*

Developed several years ago by two medical students at the Mount Sinai School of Medicine, Stephanie Pieczenik and Carrie McCulloch (who are also yoga and Pilates instructors, respectively), and the Director of Anatomy, Jeffrey Laitman, the award-winning program has been featured in *Academic Physician & Scientist* and received accolades from The Northeast Group on Educational Affairs of the Association of American Medical Colleges as well as Mount Sinai. The LAP is currently a popular feature of the first-year Gross Anatomy curriculum at Mount Sinai.

The American Association of Anatomists (AAA) is offering two of these programs during EB 2008 on Sunday and Monday mornings from 7-8 a.m. at the San Diego Marriott Hotel & Marina in the Coronado Room. **Complete the form on the following page and fax to the AAA office, (301) 634-7965, by March 24 to sign up!**

** The LAP is designed for all levels! No prior experience in yoga or Pilates is necessary to take the classes.*

WAIVER & RELEASE FORM

Because physical exercise can be strenuous and subject to risk of serious injury, the American Association of Anatomists (AAA) urges you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity.

You understand in particular that there are risks associated with your participation in the Yoga and/or Pilates classes being held as part of the AAA Annual Meeting, including serious bodily injury, permanent disability, and even death. These risks and dangers may be caused by your own actions or inactions or the actions or inactions of others, including trainers and instructors. You agree that if you participate in any of these events, you do so **entirely at your own risk**. You agree that you are voluntarily participating in these activities and **assume all risks** of injury, illness, or death. We are also not responsible for any loss of your personal property.

You acknowledge that you have carefully read this "waiver and release" and fully understand that it is a **release of liability**. You expressly agree to release and discharge AAA, and all affiliates, employees, agents, representatives, successors, or assigns (hereinafter, "Releasees") from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against the Releasees, or any of them, for personal injury or property damage.

You understand and intend that this Waiver and Release shall be binding on your heirs, estate, executor, and all other legal successors and representatives.

To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence on the part of any or all of the Releasees.

If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.

This Waiver and Release shall be governed in all respects by Maryland law without regard to conflicts of laws principles and shall be construed broadly to provide a waiver and release to the maximum extent permissible under law. You further agree that the sole forum for any legal action brought by you or on your behalf against any or all of the Releasees shall be a court of law in Montgomery County, Maryland.

By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally.

Signed: _____

Printed Name: _____

Date: _____

E-Mail Address: _____

Hotel where you will be staying in San Diego: _____

Cell phone number: _____

What day would you prefer to take the class? (circle one):

Sunday, April 6

Monday, April 7

No Preference

AAA will contact you before the meeting to confirm all arrangements and to provide additional details.