

Yoga for the Hips Workshop

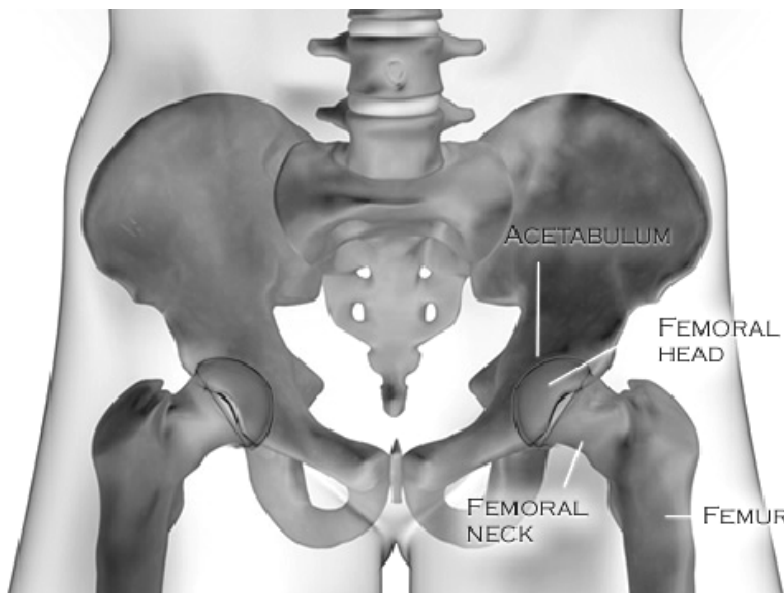
LOCATION:

SUN MOON YOGA STUDIO
404 W. Huron, Ann Arbor

TIME & DATE: SAT. , Mar. 6
2:00 pm – 4:30 pm

COST: \$20 prepaid / \$25 day of workshop

TO REGISTER: please see
www.sun-moon-yoga.com or call
734-929-0274



The hip has one of the widest ranges of motion of any joint. Our hips provide the movement for the foundation of our spines.

In this workshop, you will learn common problems and culprits of hip pain and poses to keep your hips strong and mobile. When practiced correctly, yoga can help relieve hip pain and keep hip problems at bay. This workshop will cover:

Anatomy and physiology of the hip joint

Common hip problems and chronic conditions,

How to create muscular balance for optimal hip health by using yoga postures and techniques.

Please join us to learn how to gain strength and flexibility in the hip and its



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