



Blissful Hips, Happy Shoulders Workshop

Thursday 3 December
12:45pm-2:15pm
with Michelle Ricaille

Strength and Flexibility in your hips and shoulders provide you with a stable foundation for any asana. In this workshop learn tools to create openings in your hips and shoulders so you can access asanas like the one in this photo (Natarajasana) and other backbends. With the opening asanas that you will learn in this workshop, along with proper technique and alignment, these asanas can be very accessible for beginners to advanced students.

Bring your cameras, you may be surprised what you can do!

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