

LIBERATE YOUR SPINE

SENSATIONAL BACKBENDS

Unlock the secrets of the spine to achieve a deep, healthy and beautiful backbend. Backbends stimulate the central nervous system, boost immunity, and increase mobility in the spinal column. They also teach us to be more patient with ourselves and allow for deep heart opening. In this workshop, learn fundamental alignment techniques for back bending postures, and discover what limits your backbend, whether it's shoulders, hips, breath or perceived fear. Move past these obstacles to create free flowing movement in your backbend.

Suitable for all yoga practitioners.
Book now at info@flexhk.com

BOOK ANY 2
WORKSHOPS FOR
10% DISCOUNT



BY DR ABHISHEK AGRAWAL
CENTRAL SUN DEC 4 3.45-5.15PM

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