

Dancing with the Psoas

Saturday, March 27th | 2:00-4:30pm | \$40

Call 303.652.0463 to Register

Your yoga practice can be viewed as a choreographed dance between your breath and your bandhas. Anatomically, your partner is your psoas. This fascinating muscle threads deeply through the pelvis connecting the lower spine with the femur bone. A tight and neglected psoas can lead to lower back pain and difficulty with common sitting asana.

In this workshop we will focus on isolating the iliopsoas in order to lengthen it providing relief to the lower back and enhancing flexibility. We will play with uniting our awareness of the pelvic floor with the movement through our psoas, integrating our upper and lower body with the breath.

Asha Wolf holds a Doctorate in Physical Therapy and has been teaching yoga for over 18 years. She leads workshops throughout the country, and has a private physical rehab practice.



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