

Befriending the Sacroiliac Joint

Saturday

April 10

2:00 - 4:30 pm

\$30 (register online)

The sacroiliac joint is where two bones of the pelvis, the sacrum and the ilium, meet. Held together by pliable but very strong ligaments, the SI joint is built for stability. Its function is to support and transfer our weight into the lower extremities. However, the sacroiliac joint often becomes too mobile, causing pain and discomfort.

In this workshop we will explore asanas that exacerbate SI dysfunction and asanas that aid in the relief of SI pain. We will also learn how to avoid unnecessary stress on the SI joint and what we can do to strengthen the surrounding tissues to enhance stability. Physical therapy techniques will be offered that provide immediate relief and can realign the SI joint. Open to all levels of ability.



Instructor **Asha Wolf, DPT** holds a Doctorate in Physical Therapy, is a Certified Movement Analyst and has been teaching yoga for over 18 years. Asha has a private therapy practice specializing in chronic pain issues and injury rehabilitation through yoga.



Please Restock Registration Forms