

Shoulder Injury Prevention and Rehabilitation

Saturday

Feb 20

2:00 - 4:30 pm

\$30 drop-in

Don't let shoulder injuries or concern of injury keep you from enjoying your yoga practice! In this workshop we'll explore how to prevent common shoulder injuries and ways to rehabilitate the shoulder area after injury. Ashtanga Yoga is sometimes seen as stressful on the shoulder joint, but this workshop will teach correct alignment that prevents injury as well as ways to adjust your practice to make it therapeutic. We'll practice ways to safely move through Sun Salutations as well as how to open the shoulders for backbends and arm balances.

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.

