

# Shoulder Work Ahead

Saturday, April 24th | 2:00-4:30pm | \$40

Call 303.652.0463 to Register

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. 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 strengthen and open the shoulders for your asana practice.

*Open to all levels of ability.*

**Asha Wolf** 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.



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