

Happy, Healthy Knees!

In this workshop we will explore how yoga can help prevent knee injury and how an intelligent practice can also help the healing process after a knee is injured. We will learn about the structure of the knee, how it is affected by movements of the hip and ankle, and how to safely strengthen the knee joint. We will work with alignment principles within a yoga practice that encourage safe and healthy knee action in both standing and seated poses.

Sunday, October 2nd | 2:00-4:00pm | \$40
Call 303.652.0463 to Register



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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