

Opening the Hips

In this workshop we will systematically stretch each of the major muscles of the hips. Relaxed hips can relieve back pain and reduce stress on the knees. Open hips

provide a clear channel for the first, second and third chakras. You will leave feeling relaxed and rejuvenated!



Open to all levels of ability.

Sunday, January 23rd | 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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