

# Opening the Shoulders

Having flexible shoulders prevents injuries and allows more ease through the neck and upper torso.



In this workshop we will explore tension reducing therapies and learn to stretch all the major muscles of the shoulders and neck.

*Open to all levels of ability.*

Sunday, May 1st | 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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