

Hip Opening Workshop March 28th

2:30~ 4:30pm Sunday led by Cindy

The activities and stresses of our daily lives can lead to tightness and discomfort in our hips. This workshop will focus on ways to ease some of that tension, using yoga poses that promote hip flexibility and strength. We will begin with a flowing series to create calm and prepare the body for long holds, while exploring different variations of hip openers and surrounding areas. Through moving slowly and mindfully we will release tensions and old patterns in the hips in order to bring more freedom to our movement. This workshop helps rediscover ones emotions and creative energies in body, heart and mind.

Space is limited—Sign up soon

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