

Opening to the Ground: hip openers workshop

with Jeanne Mudie

Saturday and Sunday ~~ March 10 & 11 ~~ 2:30 – 5:30 pm
pre register: \$35 per session / \$65 for both days ~~ \$40 day of

Opening to the Ground focuses on finding a sense of balance within the pelvis, releasing tension, reducing effort, finding neutral, and experiencing the liberation of the hips. We will also take a look at how tightness in the hips can affect the rest of the body. This workshop is designed for people with a regular asana practice of any level, all are welcome to come and explore.

Explored in this intensive

- ☀ Activating the legs to tune into the pelvic floor
- ☀ Lengthening the psoas, releasing the lower back
- ☀ Understanding of safe rotation, happy, healthy knees

