



YOGA WORKSHOP SERIES

with Rachel Lundberg

SAFELY DEEPENING YOUR WARRIOR POSES, HIPS AND KNEES **FRIDAY OCTOBER 20TH 12:15PM-1:45PM**

A lack of understanding the proper hip and knee alignment in our warrior poses can leave us feeling awkward in class. Come learn how to deepen your warrior poses so that you can get the most benefit from these strong and gentle postures.

WHAT DOES THE PELVIS HAVE TO DO WITH BACKBENDS? **FRIDAY NOVEMBER 10TH 12:15PM-1:45PM**

Does your back ache? Come and learn how important the pelvis position is in your backbends and how this understanding can help you deepen your practice.

HOW TO PREPARE FOR INVERSIONS **FRIDAY DECEMBER 8TH 12:15PM-1:45PM**

Not sure if you are ready to do inversions? Inversions can be fun and there are certain ways to tell if you are ready to start going upside down and stay safe while doing it.

Participants will not be required to do inversions in this class, but need to be able to perform downward facing dog comfortably.

*Each workshop will qualify for 2 Continuing Education hours with the Yoga Alliance.

PRICE PER WORKSHOP

\$25/Member \$30/Guest

INSTRUCTOR

Rachel Lundberg, ERYT 500

LOCATION

SHC Yoga Studio

AGES

18 Years & Older

REGISTER

Sign up on the Stafford Hills App or at the Front Desk.

STAFFORD HILLS CLUB

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