

SAVE YOUR HIPS

A BODY ROLLING WORKSHOP

Thursday, Mar 17th – 1-2:30pm-\$20

- Are you super physical and are constantly challenging your body?
 - Are you sedentary and working hours at a computer?
 - Do your hips feel rusty or stuck?

All of us need to keep our hip joints aligned and greased and oiled all through life for maintaining our circulation and muscular – skeletal integrity from our hip to our feet and from our hips to our head. When your thighbones are restricting your movements, it is usually because they are stuck in some position in the hip joint. This class will explore all the possible movements and connections of how to work the hip joint to the thighbone.



It's a small part of an ongoing Body Sustainability program for your entire body

- Align all your body parts correctly
- Make sure all your joints have their optimum range of motion.
- Remove restrictions-old injury patterns, scar tissue, adhesions, & bad posture that deter you from your favorite exercise regime.

Sanibel Yoga, 2496 Palm Ridge Rd. 239.738.3856

Pre-registration Please