

HIP OPENERS

w/ Elizabeth Blanchard

Most of us are sitting or standing for the greater part of the day and our hips bear the result: tense and tight. We also tend to hold a lot of mental and emotional stress in the hips, which increases the stiffness not only in the hips but the back as well.

First, we'll move quickly into a flow practice to heat the muscles and joints. Then we will go slowly, gradually and deeply into the hips and adjoining muscles from different directions.

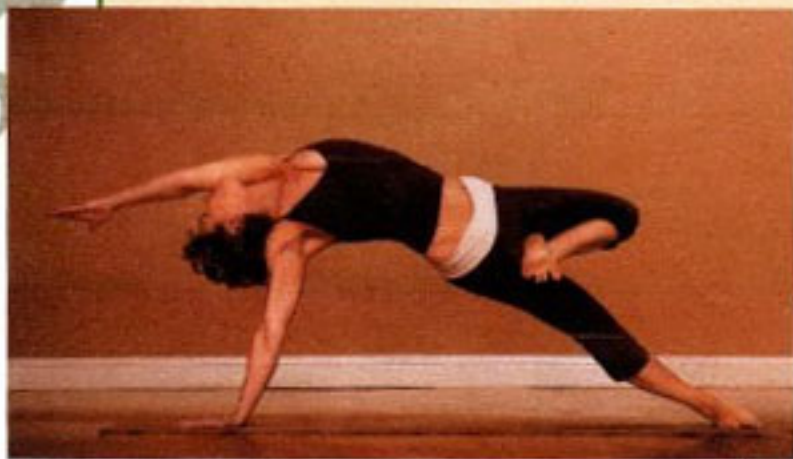
We will be finding freedom and happiness in the body, and quite likely, more of the same in the mind!

**Friday May 14, 2010 7:15 p.m-
9:00p.m.**

4344 Tujunga Ave. Studio City, CA

(818) 769-6427

\$25 before May 10th , \$30 after



***MUST HAVE AT
LEAST 10 PAID
SIGN-UPS TO CON-
TINUE**