

## **A HIP OPENER WORKSHOP 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.

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.

Be prepared to move! Also be prepared for some long holds in poses as we allow a true stretch that permits any suppressed mental/physical junk to be released from the body. Lastly, be prepared to experience more space, freedom and happiness in the body, and quite likely, more of the same in the mind!

# **WORKSHOP**

# **HIP OPENER**

**WHERE:** Mark's Power Yoga 11740 San Vicente Blvd. Brentwood, CA

**WHEN:** Friday, Nov. 9<sup>th</sup>, 2007

**TIME:** 6:00-8:00p.m. (6 p.m. class cancelled)

**COST:** \$25 in advance, \$30 at the door