

May Yoga Workshop

Yoga for the Hearts and Hips: Opening to the Unfolding Summer

with Sue Hollingshead

Saturday May 9, 2:30–5:00 p.m.

RallySport, 2727 29th Street, Boulder (near 28th and Valmont)

<http://www.rallysportboulder.com/>

Get ready to open to the beauty and playfulness of the unfolding summer. Learn specific yoga techniques of Anusara Yoga to open your hips, hamstrings, hearts +++! This workshop we will explore how to unblock potentially tight, stiff stuck energy flow in these key areas of hearts and hips with backbends and hip-openers. All levels of experience welcome, everyone will gain new knowledge.

RallySport members – \$23.00 per person before April 15th (yes, celebration of saving \$ on tax day) \$28 after...(non-members must pay additional \$10 fee which includes club use for the day)

Sign up at the Front Desk or sue@yogawithatwist.net