

Psoas and Supple Shoulder Workshop

Saturday, January 27, 2018
1:00 - 3:00pm

\$50 (\$45 members)



Tight shoulders? Hunching over keyboards, driving in cars, and stress can decrease your range of motion and can add to shoulder instability. Tight shoulders will restrict breathing and compromise posture. Your psoas muscles are the only muscles that connect your spine to your legs. Tight psoas can affect not only your hips but can play a role in shoulder tension as well.

In this workshop we will explore the relationship between your psoas and your upper body; from your upper back, neck, shoulders down to your fingertips using a variety of movements, postures to unlock chronic tension and build stability and mobility. You will come away from the workshop with shoulders and arms that are ready to embrace the world!

Brea Johnson



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