Yoga Therapy
For The Hips

Presented by Certified Yoga Therapist ***Tracy Flynn (C-IAYT)***



Learn safe and effective ways to stretch and strengthen the musculature of the hips, pelvis, and sacroiliac joints. We will use adapted Yoga postures and breathing practices to release tension, improve mobility and balance musculature asymmetry. The evening will conclude with a guided relaxation and breath meditation. Prior Yoga experience is helpful, but not required.

The movements are gentle and each person will work within their own range of motion. If you have acute pain or are very sensitive to movement, an individual Yoga Therapy session might work better for you. To discuss this, please contact Tracy at tracyflynn@hotmail.com or 248-334-7381.

Yoga Instructors: Earn Yoga Alliance Continuing Education Credits by attending this workshop.

Pre-register:
https://www.updogyoga.com/workshops/rochester-workshops



Tracy holds the highest certifications as a Yoga instructor and Internationally Certified Yoga Therapist (ERYT 500, C-IAYT). In addition to practicing individual Yoga Therapy at UpDog, she was on staff at the Institute of Neuromuscular Medicine for 3 years.

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