



**SUNDAYS, 9:00-10:30AM**

# Workshop Series

## Physiology & Flow with Leslie



### **SUNDAY, OCTOBER 6: Strong Shoulders**

This 90-minute workshop explores the shoulder complex. The shoulders need stability, mobility, and strength to function well. In this workshop, we'll begin with a lecture to better understand the physiology of the shoulder and follow it up with a shoulder-based dynamic yoga flow.

### **SUNDAY, NOVEMBER 10: Healthy Hips**

This 90-minute workshop explores and accesses more health and mobility in the hips. We'll begin with a short learning component to better understand the physiology of the hips, followed by a hip-based dynamic yoga flow.

### **SUNDAY, DECEMBER 8: Strong and Supple Spine**

This 90-minute workshop learns how to bring longevity to your spine. This workshop includes a short learning component on the physiology of the spine and core followed by spine-focused dynamic yoga flow.

**Accessible to all levels (CE hours for teachers available)**

**MEMBERS: \$40 | NON-MEMBERS: \$50**