

# MONTHLY ASANA WORKSHOP - MARCH 2010

## SHOULDER OPENER

*"I ask not for a lighter burden, but for broader shoulders" Jewish Proverb*

**Special Session:** Tight shoulders is one of the most common complaints we get from our students. A result of stress, posture and body imbalances, tight shoulders cause pain not only in the shoulders, but also into the neck, head and arms. If the imbalance is marked, it can also result in an imbalance in the pelvis, which in turn, puts strain on the whole back.

During this workshop we will:

- Discover where the strain and tension is coming from;
- Work to open up and loosen those areas;
- Focus on related wrist and hand strain problems;
- Discuss posture and correct alignment; and
- Develop techniques for home practise.

Suitable for all students. If you have a specific injury you would like covered in the programme, please let Kate know when you book your place.

**Venue:** Laguna Park  
**Cost:** \$25 (or a stamp and \$8)  
**Time:** 10am to 12pm  
**Date:** Sun 28th March

Limited to  
12 students



Come along and join us squeeze and ease away the tension!




You will leave feeling like your shoulders are an inch broader and two inches lower!

**Coming up in the April workshop:**

Arm Balances

 *Kate Porter Yoga*  
YOGA FOR NORMAL PEOPLE

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