



Finding our Wings:

A Therapeutic Shoulder Workshop

The shoulders have often been referred to as the wings of the heart. Chronic tension in the neck and shoulders leads to tight or sticky 'wings'. In this workshop, using the tools of Yoga and Body Rolling, we will experience the anatomy of the shoulder girdle. A deeper understanding of this wing-like structure will help you to experience greater strength and range of motion in your shoulders. Unlock your wings and learn ways to transform pain and limitation into an experience of ease, stability and inner freedom.

with **Micheline Gauthier and Nancy Frohlick**

Saturday November 14th
2:00-4:30pm
\$40

4531 Main Street (at 29th)

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