



## Your body is your temple

Date: 16/10, 6/11, 4/12

Time: 13.00-16.00

Investment: 650kr/WS or 1750 kr/3workshops

To move is a human need. Our bodies are made for movement. Our habits in how we move though, give us different results. Some are good, and some are not that good.

To be more aware of your body and the anatomy of it, increases your presumption of good moving patterns and to move more properly.

With better understanding of the body and your body in particular you can re learn for better movement patterns. Through increased knowledge you have better opportunities to support your body in your yoga practice and other practices. Actually, you can support yourself in every movement you take.

What you will achieve with higher understanding in how your body works, your practice - whatever practice it is - will be more joyful, especially if you can move with no pain. And best of all, when you exercise with ease and comfort, you will gain better results. With a strong and flexible body, life comes with ease, inspiration and joy.

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This serie of workshops will bring knowledge of three main body regions;

- \* Spine - your column in life
- \* Pelvis - the cradle of emotions
- \* Shoulder girdle - your self confidence

In each workshop we will go through the anatomy of the region. We will learn how things in that region is connected.

### **Saturday 16th of October at 13-16 PM**

Your spine is your column in life is a workshop where we review the anatomy of the spine including its extension through the neck and the connection to our pelvis.

With a strong, stable and flexible spine you will move more easily and progress more successfully in life.

As a practice, we'll take you through a healthy neutral spine in different directions. From increased awareness we open up the chest and heart to approach back-bending in a healthy and suitable way.

### **Saturday 6th of November at 13-16 PM**

Happy in your hips is the second workshop and we will go through the anatomical structure of the pelvis and understand its complexity, especially how it is connected to the knee, foot and spine.

You will also gain an understanding of why one person's pelvis is flexible while another's feels numb, and the sensory clusters that can be created in our pelvis.

### **Saturday 4th of December at 13-16 PM**

Find lightness in your shoulders is the third and last connective dot in this serie

Your body is your temple. In our day to day lives, we usually put much pressure on ourselves in our doings and performeses, which metaphorically becomes a load growing on our shoulders.

By understanding the connection between shoulders, neck and shoulder blades we will explore how to find neutral positioning of them all and learn how to move properly.

Through increased knowledge we can gain healthy movement patterns for strength instead of responsibility, stress and tension.

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