

Knee & Hip Workshop

1.30-3.30pm, Saturday 11th January 2020
with Renae Moore & Belinda Hoult



Renae (on left) & Belinda (on right), Teachers at Flametree Yoga

HOW HIPS & KNEES WORK TOGETHER, & HOW YOU CAN HAVE THEM EACH WORK TOGETHER BETTER

Knee issues are not usually just about your knee.

Hip tightness will also affect knees.

A tight outer tibia band (down the outside of your leg), will also create issues.

If you hadn't noticed, your knee is the most mobile part of your body.

So we have to be especially careful regarding the alignment of the knee.

This is all part of the backdrop to this workshop, and to the problems that the workshop will address.

It's also why we'll discuss some of the posture modifications that can be used.

The poses taught will be about strengthening all key areas that support knees, lengthening the inner thighs, how to work with compression in the knee joint, and more.

There will also be hip opening poses, given the direct connection with knee issues.

EXPERIENCED TEACHERS

Belinda & Renae are both very experienced Iyengar teacher with years of experience.

They each teach at several levels at Flametree Yoga.

**\$35 for 2 hours with two teachers
(10% less for direct debit students).**

Pay by cash or EFTPOS at studio (or watch Facebook for a link to pay online). The first 35 to pay will be the confirmed attendees.

Open to those in Trans classes and above.

Call or text: **0448 11 22 51**

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