

Hip and Knee Workshop (Part 2)

1.30-3.30pm, Saturday 29th February 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.

This is the second workshop in a two part series focussing on hips and knees.

You don't need to have attended the first workshop to benefit.

Knee issues are usually not just about your knee, and hip issues not just about your hips.

For example, hip tightness will affect knees. A tight outer tibia band (down the outside of your leg), will also create issues.

This is 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 hips, lengthening the inner thighs, how to work with compression in the hip joint, hip tightness, and more.

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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