



Yoga & Fascial Release

with Brenda Dowell, E-RYT500

FOR YOGA PRACTITIONERS OF ALL LEVELS OF EXPERIENCE

(Workshop hours qualify as CEU's for Yoga Alliance registrations)

This workshop is an introduction to releasing and working with your Fascia/connective tissue. It will aid in recognizing physical patterns of holding in your body. In order to release tension and stress in the muscles and connective tissue, we will discuss and target major areas of the body using:

- yoga & yoga therapeutic essentials
- ball & roller therapeutics • stretching & massage
 - conditioning movements
 - breath work

Brenda Dowell has been teaching yoga publicly and training yoga teachers for almost 20 years. She weaves her passions for yoga and bodywork to create a tapestry that feeds the soul, inspires teaching and empowers life. Learn more about her at www.brendadowell.com

Benders Yoga, RYS 200

Saturday, November 2, 2019 from 1pm – 5pm

\$90 (taxes incl.)

32-1828 Blue Heron Dr. London, ON

www.bendersyoga.com