

YOGA MASTER CLASS

Master Psoas:

Untapped Potential for Asana Mastery

**Saturday,
October 10
10:30AM–12:30PM**

with **Lara Heimann**



The internal awareness that develops through yoga is the most important tool for learning to awaken and release the psoas muscle.

The psoas is central in many yoga poses and affects your entire core, the spine and the hips. Come practice, move and learn techniques to release the psoas and bring new freedom, ease and structural integrity to your yoga practice.

Cost:

members \$30

non-members \$40

For more info: ohrawellness@gmail.com

