

Traversing the Transverse Abdominus

Simple enough for beginners but useful for the most advanced yogis. In this workshop, we will explore the anatomy of the pelvic floor and abdomen. Using visualization techniques and simple exercises, we will bring awareness to the subtle, yet powerful, muscles and energies of the lower torso. We will learn the important role of the transverse abdominus to help us find strength and grace within our yoga practice.

Open to all levels of ability.

Sunday, February 26th | 2:30-4:30pm | \$40
Call 303.652.0463 to Register



Asha Wolf holds a Doctorate in Physical Therapy, is a Certified Movement Analyst and has been teaching yoga for over 18 years. Asha has a private therapy practice specializing in chronic pain issues and injury rehabilitation through yoga.

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