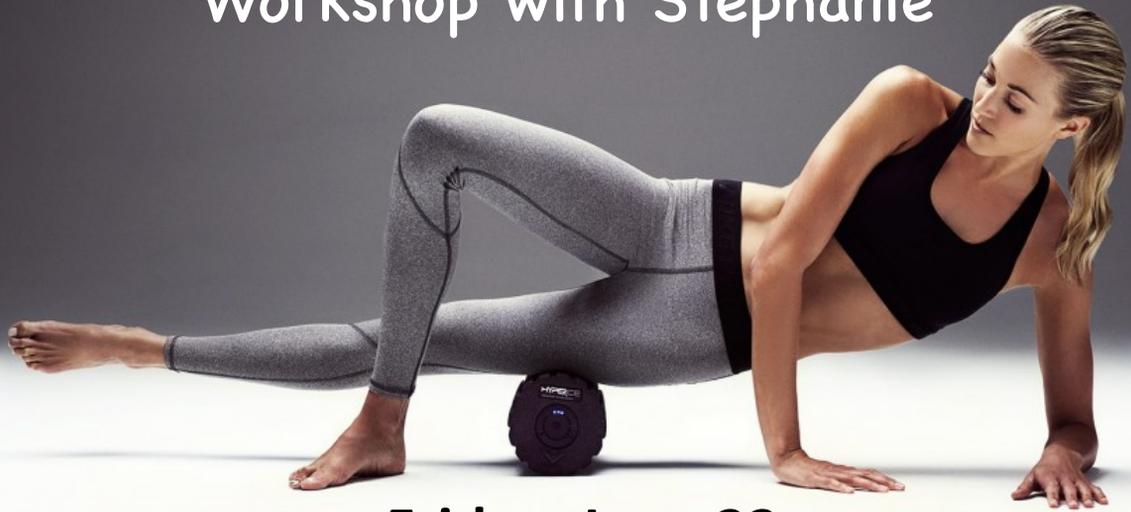


Full Body Foam Rolling

Workshop with Stephanie



Friday, June 22

7:30PM-9:00PM

\$35 per person to use our foam rollers or bring your own (\$40 at door)

Foam rollers will also be available for sale

Learn the benefits of myofascial and neurofascial release, or foam rolling, to release muscle tightness and trigger points – healthy tissue should not be painful!

Foam rolling has been used by professional athletes, coaches and therapists as one of the best advances in exercise and rehab and is a beneficial everyday practice for people at all levels of fitness to help restore your body to maintain a flexible, active and pain-free lifestyle.

In this workshop, Stephanie will teach you how to safely and effectively target all the major muscle/fascia groups to release accumulated stress in the body, from head to toe, using pranayama breath work, gentle movement and the foam roller. Specific sequences will target common trouble spots from your neck and shoulders, to lower back, pelvis and hips, all the way down to legs and toes. Roll away layers of tension, stress and inflammation, hydrate tissues, and improve alignment and suppleness in your body!

This workshop can benefit yogis, runners, gym goers and athletes looking for a restorative complement to your workout regimen. Benefits of foam rolling include:

- Improved flexibility
- Increased blood flow to limit soreness and tightness
- Relief from chronic or acute pain in neck, jaw, back, shoulders, arms, wrists, waist, chest, hips, glutes, quads, hamstrings, inner thighs, lower legs and feet
- Rehab for an injury that was never resolved
- Rebalances your body after working at a desk or driving all day



Pre-register online: www.updogyoga.com/workshops



www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668

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