

Myofascial Workshops 2020

Two Hearts Yoga Studio is hosting three workshops in 2020. Dianne Weber, PT, LMT, Hargroder Physical Therapy and Pamela Valentine, educator and yoga teacher will present. Myofascial release is a hands-on technique that involves applying gentle, sustained pressure into connective tissue, or maintaining positions of stretch for several minutes to facilitate a release. Participants will leave with a heightened awareness of the biomechanics of the body, and learn positional yoga techniques from a myofascial release perspective to improve function, flexibility, and strength.

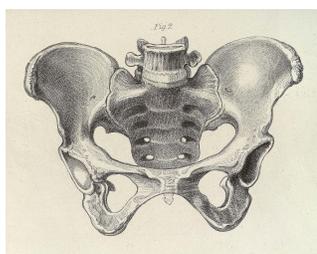


Pelvic Floor Workshop: Awareness, Flexibility, and Strength (Women only, repeat of October 2019.)

Date: Saturday, January 25, 2020

Time: 2:30 -5:00

Cost: \$40 for Early Bird Pricing by January 18th, \$50 after



Pelvic floor issues are common and often misconceived to be a natural part of aging. In this workshop you will learn the benefits of myofascial release, and practice breathing techniques and poses that will help improve the function of the pelvic floor from that perspective. Participants will leave with a heightened awareness of the anatomy and biomechanics of the pelvic floor, as well as myofascial and yoga techniques to improve flexibility and strength.

Yoga and Myofascial Release for Back Health: Awareness, Flexibility and Strength

Date: Saturday, February 15, 2020

Time: 2:30 -5:00

Cost: \$40 for Early Bird Pricing by February 8th, \$50 after

Back pain is a common complaint. In this workshop participants will discover by feel that back pain originates from and impacts more than the spine. Participants will practice pranayama (breathing techniques) and asanas (poses) that will incorporate myofascial release principles to aid relief of back pain. All will leave with an awareness of the anatomy and biomechanics of the body, as well as myofascial release and yoga techniques to stretch and strengthen.



Yoga and Myofascial Release for Relaxation, Stress Relief and Health

Date: Saturday, March 21, 2020

Time: 2:30 -5:00

Cost: \$40 early bird by March 14th, \$50 after

Tension patterns within the body develop over time, and for a reason, and we notice them only when signals/symptoms finally get loud. Participants will leave with a heightened awareness of the anatomy and connections of the body, as well as myofascial and yoga techniques to release restrictions, re-establish space for strength and re-hydrate the elastic tissues through the practice of pranayama (breathing techniques) and restorative asanas (poses).

Note: Workshops are presented upstairs with no handicap access. Participants should have the ability to climb stairs and to get up and down from the floor.

Purchase workshops online at: www.twohearts.net

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