

Yoga From the Inside Out

An Exploration of the Pelvis and Hips. with Tracy Groshak and Dean Smith

Dean Smith began studying Iyengar yoga with Gioia Irwin 25 years ago. Dean has been teaching workshops in yoga, anatomy, pathology, biomechanics, muscle balance and muscle function for over 15 years.



Tracy Groshak has been practicing yoga for the past 16 years and her intense dedication has taken her around the world. Ashtanga, Iyengar, Vijnana, and Therapeutics to name a few. Tracy is a certified Vijnana teacher.



Yoga has the ability to create bliss or pain in the hips.

How can you spot the pitfalls for you and/or your clients and prevent or correct them.

What will you learn?

How to see beneath the skin. **Spot** common postural faults and correct them. **How** knowing the anatomy of your lumbar spine and hips can ignite your yoga practice and give you the confidence to become your own best teacher. **Learn** how to adjust students in poses. **Common** muscle imbalances – identify your own and learn to spot them in students. **Why** some poses elude you, and how to unravel them. A hint: muscle imbalances that keep you weak in some muscles while other muscles overcompensate and stiffen. **The risks** in common poses, and how you can make them safer for yourself and your students. **Explore and experience** some of your favorite and more challenging poses with a focus on optimal functioning of the lumbar region.

What is it

A 3 hour intimate hands on workshop with instructional and practical components.

When:
February 5th
2pm-5pm

Where:
Yoga on 7th
156 E 7th Ave
(near Main St.)

Cost for workshop:
\$75

