



FLEXIBILITY BUNDLE

Welcome

Are you ready to take your physical practice to the next level and unlock your body's full potential? Look no further than our flexibility bundle! Our bundle offers you three workshops specifically designed to increase your range of movement and deepen your physical practice. That's not all - with our themed video bundles, you can lean into your practice from anywhere and create more time for personal growth.

In our flexibility workshop, you'll be guided intuitively through classes that are designed to lengthen and release, giving you more control over your own progression.

The Splits workshop takes a deep dive into stretching methods and hip mobility exercises, helping you achieve the coveted splits.

Backbends build up to a final peak pose masterclass that breaks down poses such as wheel and bow, allowing you to confidently go deeper in your regular practice.

Don't let mental and physical barriers hold you back - unleash your body's full potential with our flexibility bundle.

This is your calling to join now and unlock your body and mind!



Techniques behind flexibility

Achieve the strength and flexibility you've been searching for!

Flexibility is essential for any type of activity as it opens the body to new transitions and movements while increasing muscular performance.

Mobility is something we are all born with, and we use these muscles no matter our activity level. With some attention and consistency, you will see improvements in flexibility and range of motion across your entire body and feel the benefits in your movement and daily life.

This course is the perfect toolkit to increase your physical mobility and reduce tension with intelligently sequenced flows, instruction, and stretches. you'll learn to move with freedom and ease as you explore and deepen your range of motion in fun and dynamic ways!

this course is for you if –

- Learn the science behind improving flexibility
- Understand the mechanics and anatomy of why we do certain poses and stretches.
- Learn the techniques of how to stretch without the worry of injury
- Build strength, mobility, and body awareness
- Discover what, when, and how to practice with step-by-step skills, drills, and prop work sessions.



Journey To Splits

Journey to Splits is the ideal workshop for all levels.

For those who are new to yoga or experienced practitioners, this mini-course will deepen your knowledge and improve your flexibility. It is a great opportunity to focus on the breath, ground your energy, and feel grateful for the body you have. perfect for after a hard workout, run, or at the end of a long day. The final flow of the course gives you an opportunity to put all your hard work together and stretch into full splits. this course is perfect for you if you're working toward splits or they're a regular part of your practice, this mini-course is for anyone looking to connect to themselves on a deeper level.

You will learn -

- Guidance on hip opening, including detailed practical examples.
- The benefits of undertaking hip opening postures and how to perform them safely.
- Insight to hamstring flexibility
- Insight into different ways to stretch such as pnf, passive, dynamic and active stretching.
- Learn how to use props to maximise your practice.
- Learn how to increase your flexibility and therefore increase your range of movement, giving you new freedom of movement.



The Road To Backbends

Build your backbend practice from the foundation up with this progressive mini-course, it is ideal for anyone new to yoga, or any student looking to reconnect with the fundamentals of back bending.

This course will give you all the support you need while helping you improve spinal flexibility, open the front body, and strengthen the back body. Additionally, you will activate and build awareness of the muscles needed to achieve safe and stable backbends.

Backbends are some of the most therapeutic postures in yoga; they improve spinal flexibility and strength and stimulate the nervous system to help relieve stress and anxiety. These benefits will have you leaving each section feeling energised, liberated, and open in your mind and body.

this course is for you if –

- Want to learn backbends but do not know how or where to start.
- Learn the techniques and feel confident about back bending
- Build strength, mobility, and body awareness
- How to work with fear and direct it into building self-belief



Investment

we are thrilled that you're considering my Flexibility Bundle!

I believe that this course would be a great investment in you, and we would like to explain why.

Firstly, it's important to note that this course has no expiry date.

You can take your time and go at your own pace, ensuring that you get the most out of the content.

One of the biggest benefits of this bundle is that it will help improve your mobility and flexibility. By regularly practicing the techniques outlined in the course, you'll begin to notice a significant difference in your body's ability to move and stretch. This increased flexibility can also help prevent injuries and improve your overall physical health.

Another key component of this course is heart-opening. By practicing heart-opening poses you can release negative emotions and cultivate a deeper sense of self-love and compassion. This can have a profound impact on your mental and emotional well-being.

This course is video-led and self-paced, which means that you can complete the exercises whenever and wherever it's most convenient for you. There's no homework, no pressure, and you can repeat the content as many times as you need to.



Investment

The investment for this course is £120, which may seem like a lot upfront. However, we truly believe that investing in yourself is the best decision you can make.

By improving your mobility, flexibility, and heart-opening abilities, you'll discover that your body has so much more to offer.

Not only will you feel physically and mentally better, but you'll also gain a sense of accomplishment and pride in yourself for taking this step.

GO ON...do something good for yourself and enrol now.

<https://www.yogacourse.com/WORKSHOPS/>

