



YogaCourse.com

JOURNEY TO SPLITS WORKSHOP SYLLABUS



JOURNEY TO SPLITS

JOURNEY TO SPLITS IS THE IDEAL WORKSHOP FOR ALL LEVELS. 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 PRACTISE.**
- LEARN HOW TO INCREASE YOUR FLEXIBILITY AND THEREFORE INCREASE YOUR RANGE OF MOVEMENT, GIVING YOU NEW FREEDOM OF MOVEMENT.**

COME JOIN THIS COURSE IF -

- **YOU WANT TO LEARN THE SPLITS BUT DO NOT KNOW HOW OR WHERE TO START.**
- **IF YOU WHO WANT TO INCREASE YOUR RANGE OF MOVEMENT**
- **IF YOU WANT TO FEEL STRONG AND CONFIDENT IN YOUR BODY AND EMPOWERED BY WHAT YOU CAN ACHIEVE.**

EXPERIENCE TECHNICAL WAYS TO IMPROVE YOUR ALIGNMENT AND UNDERSTAND WHAT'S HOLDING YOU BACK.

YOUR INVESTMENT:

THE JOURNEY TO SPLITS WORKSHOP COST IS £50 (PAYMENT IN FULL ONLY)



FOR ANY FURTHER INFORMATION PLEASE CONTACT US AT
INFO@YOGACOURSE.COM

TO COMPLETE YOUR REGISTRATION FOR THIS COURSE PLEASE VISIT
WWW.YOGACOURSE.COM

WE ARE HERE FOR YOU EVERY STEP OF THE WAY AND CAN'T WAIT
FOR YOU TO JOIN US ON THIS INCREDIBLE JOURNEY