



YogaCourse.com

THE TECHNIQUES BEHIND FLEXIBILITY WORKSHOP SYLLABUS



THE TECHNIQUES BEHIND FLEXIBILITY

ACHIEVE THE STRENGTH AND FLEXIBILITY YOU'VE BEEN SEARCHING FOR!
THIS MINI COURSE IS FOR ANYONE WHO WANTS TO IMPROVE THEIR RANGE OF MOTION, FLEXIBILITY, AND JOINT MOBILITY. 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 INTELLIGENT 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 –

- WANT TO LEARN MORE ABOUT FLEXIBILITY AND RANGE OF MOTION BUT DO NOT KNOW HOW OR WHERE TO START.
- 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.

THIS MINI COURSE WILL GIVE YOU PRACTICAL SKILLS THAT YOU CAN APPLY TO ANY YOGA PRACTICE OR ROUTINE.

YOUR INVESTMENT:

THE TECHNIQUES BEHIND FLEXIBILITY WORKSHOP COST IS £50 (PAYMENT IN FULL ONLY)



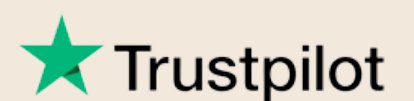
FOR ANY FURTHER INFORMATION PLEASE CONTACT US AT
INFO@YOGACOURSE.COM

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



The Daily Telegraph



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