

# Upper Body Expression

## Part 1: Shoulder Openers and Stabilization with Allison Ulan

*Feb.18, 2012 (Saturday) 2:30 - 5:30pm.*

This workshop will focus on finding a sense of balance within the spine to aid in balance in the shoulder girdle. Key elements to be understood will be how to release tension, reduce effort, find neutral alignment, strengthen weaknesses and experience the liberation of the shoulders. We will also take a look at how tightness in the shoulders can affect the rest of the body.

The asanas we will study in relation to shoulder girdle will be back bends, plank poses, twists, arm elevation, beginner arm balances, shoulderstands and headstands.

This workshop is designed for people with a regular asana practice of any level. All are welcome to come and explore.



## Part 2: Arm Balances and Handstands with Julien Gagnon

*Feb.25, 2012 (Saturday) 2:30 - 5:30pm.*

The art of arm balances and handstands, as yoga teaches us, comes from balance and alignment rather than force and rigidity. Yes we do need arms strength, but we will explore how the hips, core and breath hold the key to arm balancing... and they respond best to smooth and conscious movement!

***Cost per workshop: \$35 pre registration / \$45 at the door***

