



Part 2

# Opening to the Ground

## Hip-openers workshop with Jeanne Mudie

Saturday, May 8, 2010 2 - 5 pm  
3 hrs \$30

Jeanne Mudie moved to Montreal in 1989 to continue her studies in classical ballet with Ecole Superieure de Danse du Quebec. Looking for a kinder way to use the body she was introduced to Yoga and found it to be beneficial in healing the body as well as the soul. Having completed her teacher training in 2000 she continues to enrich her practice through workshops in many different styles. Her teachers include Hart Lazer, Mark and Shankara Darby, Ramanand Patel, as well as the staff at Ashtanga Yoga Montreal. In 2003 she completed level 2 in Thai Yoga massage which deepened her sensitivity to the energy flows in the body. For Jeanne, Yoga is an exploration of the body through breath and movement, it liberates by unlocking secrets and freeing the mind.

*Opening to the Ground* focuses on finding a sense of balance within the pelvis, releasing tension, reducing effort, finding neutral, and experiencing the liberation of the hips. We will also take a look at how tightness in the hips can affect the rest of the body.

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

Explored in this intensive

- ☀ Activating the legs to tune into the pelvic floor
- ☀ Lengthening the psoas, releasing the lower back
- ☀ Understanding of safe rotation, happy, healthy knees



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