

## Joan Hyman Master Class

**~LEG WORK: INNER & OUTER SPIRAL~**

**Saturday, June 22<sup>nd</sup> 9h-11h**

The Inner and outer thighs are a gateway to our pelvic floor and deep core stability.

We will discuss how to use our legs and our feet to gain the awareness of activating the pelvic floor muscles. These are deep and intricate muscles that help us resist gravity and can leave us feeling light and buoyant.

We will have fun:

- Breaking down standing postures that activate our pelvic floor muscles.
- Playing with balancing postures to deepen our awareness of our center.
- Conclude our practice with deep hip openers and light pranayama.

**~ALL LEVELS WELCOME~**

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