



# The Healing Powers of Recovery Yoga Workshop

Recovery yoga is so much more than following a series of postures. It's about fully understanding the healing powers of our fascial system; the largest sensory organ in our body.

When our fascial system is challenged correctly, we can communicate with each and every cell in our bodies. Our fascia can be:

- Strong enough to support and connect every aspect of our human physiology, and
- Fluid enough to hydrate every cell in the body and remove waste.

*Healthy fascia buffers movement* and literally feels like you have springs at the end of your tendons.



## What you will learn

We will explore recovery postures and learn how to improve posture, circulation and recovery by:

- Modifying the postures to meet different needs,
- Designing your own postures,
- Incorporating recovery into our activities of daily living,
- Learning about the contractile fields.

## Help students discover effortless movement

Healthy organisms have the wisdom to self-regulate. By stimulating different paths, we can help our students discover a life of effortless movement.



## Instructor: Charlene Sullivan

April 8th & 9th, 2017

12:30-6:00 pm @ Main Fitness

Program cost: \$250.00

(Discount for MF members)