

UPPER BODY WORKSHOP

SUNDAY APRIL 1, 2 - 5PM

It takes a conscious effort to put oneself into alignment. You will learn the keys to finding your own Unique Optimal Blueprint in your practice. We will be using the Universal Principles to explore the positioning, actions, and how to apply the actions in the **lower body**. Encouraged for all levels to take your practice deeper. Also for those with injury or pain in their lower body. Free your pelvis, hips, hamstrings, knees, ankles and calves. Here we will explore the truth of the alignment and how to apply it in a way that opens us up and keeps us safe and pain free in our practice.



\$45 OR \$40 (FOR ONYX MIND BODY AUTO-RENEW PACKAGE HOLDERS)
PLEASE REGISTER IN ADVANCE



ONYX MIND BODY

45 MOUNTAIN BLVD., WARREN, NJ

908-834-8064 WWW.ONYXMINDBODY.COM