

Saturday, Feb 20  
1:30–4pm \$45

# liberate your shoulders ease your neck



## A FORREST YOGA WORKSHOP WITH ANGELINA VASILE

All of us have a habitual place in the body where we store tension. Tension in the body diminishes our ability to experience sensation. In yoga, and in life, being grounded and centered requires freedom from these habitual, unnecessary tensions. If you have chronic tightness in the upper back, shoulders or neck, you leave yoga feeling more bound up than when you began, or you just want to open up, then this workshop is for you. We will begin this workshop with a number of experiential anatomy and Pilates-based exercises to release tension and align the upper back, neck and shoulders. Moving into a healing Forrest Yoga Flow, you will learn how to create strength in your mid-back and spinal muscles as you release deep tension in the neck and shoulders.

You'll leave this workshop with newfound freedom in your shoulders and neck. You'll also get a handout detailing several movement progressions to bring flexibility, strength and comfort to these areas.

*\*\*Please note that the room will be heated to 80 degrees to generate a cleansing sweat.*

**ANGELINA VASILE'S** movement studies began as a young athlete and runner. She received her BA in Dance and Performance Choreography, is a certified Pilates instructor and a yoga teacher. She has been teaching movement full time since 2001 and her style incorporates her passion for anatomy and kinesiology, athletics, Chinese medicine, martial arts, Pilates, dance, Ashtanga, Vinyasa and Forrest Yoga. Skilled at working with a broad range of clients, she especially loves working with injuries, athletes, pre- and post-natal women, the elderly and those struggling with body image related disorders.

It is Angelina's goal to teach clients how to breathe deeply and move consciously. She is passionate about growing people's understanding of their bodies and themselves. She believes her commitment to movement and meditation practices and to being a student allows her to be a more effective teacher and to experience presence and joy in her own life. When not teaching, Angelina is usually found dancing, yoga-ing, playing in the great outdoors, watching major league baseball, or baking.