



*Does knitting / crocheting leave you with
sore wrists, shoulders or hands?
Do you have neck or back ache?*

*Learn about injury prevention in this
special workshop for knitters and crafters*

Saturday February 21 at 10 -12 noon

At Maitri Yoga studio near Kiwassa, Hastings Sunrise

- general theory - lifestyle issues around knitting
- basics of postural health and anatomy
- simple and effective stretches and exercises for the spine, shoulders, arms, wrists, hands and fingers
- demonstration + opportunity to try kinesiotape
- deep mindfulness and relaxation exercise
- participants receive a comprehensive handout
- selecting three main injury prevention points for **you**

- this is not a yoga class - this is a health + lifestyle workshop offered by a certified yoga therapist
- Zero yoga experience required

\$50 / person. Please book at www.maitriyoga.ca

 **studiomaitriyoga**