

" I really enjoyed the workshop "

Therapeutic Stretching for Knitters

...found the stretches helpful...

"very helpful indeed, and a lot of fun to boot"

"thank you for such a helpful class!"

...impressed by the engagement you included in this class.

*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 April 25 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**