

# Hip and Standing Postures Three-Week Series



**Thursdays | 9:45 - 11:00 a.m.**

**Meditation Room | Instructor: Amy**

Explore all the movements of the hips and how they apply to basic standing yoga poses.

- Relief from lower back pain and sciatica.
- Prevent hip replacement.
- Cultivate sustainable and productive standing poses.
- Enhance whole body alignment and balance.

Members \$15 | Non-members \$45 | Sign up online or at the front desk.

*Great for runners, athletes, members of the “tight hamstring” club and those wanting to deepen their knowledge of foundational postures. Participants will receive handouts and education on types of stretches/poses and how they can increase their hip health.*

*About the Instructor: Amy (500RYT) has a Master’s Degree in Education and has been teaching yoga since 2009. She has extensive yoga teacher training in therapeutic training. She brings focus and levity to every practice.*

FOR MORE INFORMATION Contact Carla Zedicher | 402.413.4012 | [czedicher@madonna.org](mailto:czedicher@madonna.org)