



# HIP OPENER WORKSHOP

with Joanne Afarian

PRE-REGISTER ON THE WAVERLEY OAKS APP OR AT THE FRONT DESK

**WORKSHOP**

1:00PM - 3:00PM

SATURDAY  
MAY • 18 • 2024

EXHALE STUDIO

**\$35 MEMBERS**

**\$45 GUESTS**

**WAVERLEY OAKS**  
ATHLETIC CLUB

non-refundable and non-transferable



# HIP OPENER WORKSHOP

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Get a new perspective on mobility and stress management through stretching and releasing tension in the muscles surrounding the hip joints. From a lifestyle of sitting long hours in offices and cars, our front hip flexors can become chronically tightened. Having tight hip muscles can lead to misalignment of the hips, pelvis, and over arching of the lower back. Fortunately the benefits from "hip opening" yoga poses/asanas can lead to immediate relief of this muscular tension and with practice lead to increased mobility and better posture. Outside of our physical habits, the muscles around the hips are often tight in response to habitual environmental and mental stresses. Through systematic stretching of the hips, you can release this stored stress and calm the mind. Join us to learn and practice hip openers in this workshop.



OTHER INQUIRES EMAIL [HEATHERH@WAVERLEYOAKS.COM](mailto:HEATHERH@WAVERLEYOAKS.COM)

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