



# All Butt Yoga

*2-part workshop series with Cathy Dasson*

**Saturdays, 2:00 - 4:00pm:**

**April 14**

**May 12**

**\$50 for both sessions -OR-  
\$35 for one session**

In these two interactive workshops, we will learn how the gluteal (butt) muscles play a vital role in the health of the whole body, including pelvis, lower back, hips, legs and even your shoulders. Through the exploration of traditional yoga poses and functional movements, we will:

- \* uncover possible compensatory patterns that contribute to imbalances in the body
- \*develop awareness strategies to release these patterns to find more freedom of movement, strength and ease.

Hand-outs will be provided to support your ongoing practice. Come prepared to move, play, (laugh) and learn a bit about your body. Suitable for all levels.

**Space is limited! Advance registration required by Wednesday, April 12.**

*Payment required at time of registration. No refunds after 4/12.*

For more information, please visit us at [www.bodhitree-yoga.com](http://www.bodhitree-yoga.com)