

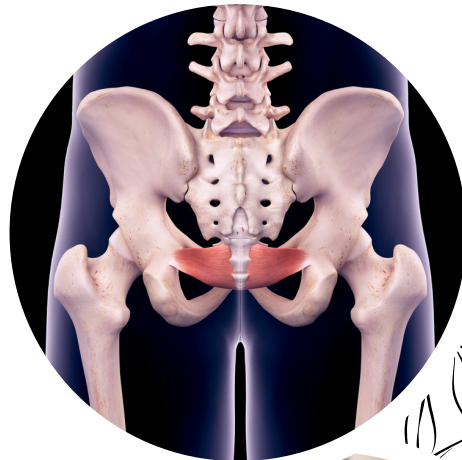
# Summer Yoga Workshops

HYBL SPORTS MEDICINE & PERFORMANCE CENTER

## Yoga and the Pelvic Floor

Sunday, June 29<sup>th</sup> at 4pm

This transformative workshop integrates pelvic education, anatomy insights, gentle yoga poses, meditation, and breathwork to help support and strengthen your pelvic floor.



## Yoga & Cupping

Monday, July 21<sup>st</sup> at 4pm

Combines the gentle movements and breathwork of yoga with the therapeutic effects of cupping, aiming to improve circulation, and release muscle tension and scar tissue.

*\*space is limited.*



## Full Moon Yin Yoga

Sunday, August 10<sup>th</sup> at 7pm

Yin yoga focuses on long held poses, targeting connective tissues and promoting deep relaxation. A full moon signifies release, celebration, and completion, which aligns with the introspective nature of yin yoga.



Cost: \$25 per workshop

Instructor: Carrie Nolan, LMT, RYT500

Location: 4925 N Nevada, Colorado Springs

**\*Register online at [wildmoonclinicalmassage.com](http://wildmoonclinicalmassage.com)**



WILD MOON  
CLINICAL MASSAGE