



yoga for injury prevention

with JEN WILKING and BRIAN ROY GARLAND



SEPTEMBER
14 through 16

\$250 PER PERSON

*20% off for Annual and Autopay Members, Kindness teachers & staff, enrolled TT students, and Kindness ambassadors!

HILLTOP STUDIO

455 S Hudson St
Denver CO 80246

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This workshop is a shift away from simply learning yoga anatomy concepts and asana through the lens of one lineage or style... we will dive deep into the HOW to prevent injury by applying specific asana activities drawing from multiple styles of yoga, modifications, sequencing, and use of props - including resistance bands and balls.

Weave elements of active styles of yoga, restorative and yin yoga, rolling, and yoga nidra to create balance in the body - region by region. Jen and Brian will call on their expertise as physical therapists to teach a comprehensive, activity-based workshop of injury prevention within the context of yoga.

This training is open and accessible to anyone with a yoga practice who is interested in injury prevention, both students, and teachers.



Session 1: Support Your Spine
Friday 6 - 9 pm

**Session 2: Horseshoe Hands and Tripod Feet:
The Healthy Foundation**
9:30 am - 12:30 pm

Session 3: Smart Shoulders and Smiling Clavicles
Saturday 1:30 - 4:30 pm

Session 4: Happy Hips and SI Joints
Sunday 9:30 am-12:30 pm

**Session 5: Creating an Injury Prevention
Personal Practice**
Sunday 1:30 - 4:30 pm



*This weekend workshop fulfills a module credit in the Kindness 300hr Advanced Yoga Teacher Training program.