

The Healthy Joint Series: HIPS

Hips Workshop with Debbie Jensen-Grubb

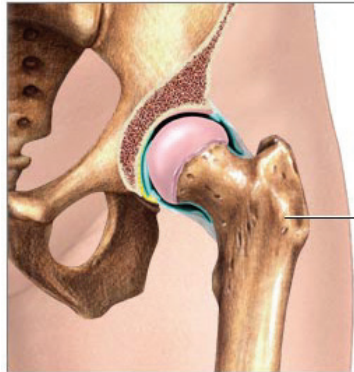
Saturday, March 17, 2012 10:00am - 12:00pm \$35

Come to this month's Healthy Joints Workshop focusing on Hip's and how to keep them healthy.

You'll get a different perspective on how the hips function in your body, how to use them efficiently, and to get them to open, move, strengthen, and flex in various yoga poses.

Our hips were made to move... and not just in one direction, in a complete range of motion that keeps them healthy. Front, back, sideways, and circularly using all muscles that surround the hip area.

Normal hip joint



Femur

Yoga can help. It can prevent hip disease by keeping the joint and muscles around it healthy.

Yoga promotes a healthy spine and strong legs. This helps the hips stay healthy and can prevent back pain and injury

Let's Get Hip!!

We'll discuss poses that encourage gentle stretching, increase circulation to the area, and move the hip in a complete range of motion to make living in your body enjoyable again.



Debbie Jensen-Grubb, Registered Yoga Teacher 500 hours with Yoga Alliance (RYT500), member of the International Association of Yoga Therapists, graduate of TYC's Teachers Training program, and a Registered Nurse. Debbie focuses her years of training on how yoga can heal the body through a therapeutic approach to injuries and chronic illnesses. She supports the development of her student's own awakening of body/mind awareness through poses, breath, meditation, and relaxation. Debbie is a senior teacher at The Yoga Center of Columbia.

Registration Form

Please fill out this form and return with payment to: The Yoga Center of Columbia, Parkridge Plaza Building, 8950 Route 108, Suite 109, Columbia, MD 21045 or fax with credit card info. 410.772.9591. Register at www.columbiayoga.com

Name: _____

Address: _____

Telephone # : (Days) _____ (Nights) _____

E- Mail: _____

Please sign me up for the :

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Payment Type: (✓) Cash Check Visa MasterCard American Express Discover

Acct. No. _____ Exp. Date: _____ Signature: _____