

YOGA FOR THE LOWER BACK

WITH JOAN HYMAN



Joan Hyman has been teaching and practicing yoga for well over twenty years and is an international yoga teacher who travels the world spreading the joys of yoga! Her background of Ashtanga and Iyengar create an effective and deep practice that transforms the body and mind. A distinguished teacher at Yogaworks in Los Angeles for 15 years, she brought her expertise over to lead the Wanderlust Trainings in 2016. Now she takes her own trainings world wide and we are excited to have her in Malibu!

Join Joan Hyman for a yoga practice that heals!

Saturday April 27, 2019

11am - 2pm

What this workshop will include:

- A brief discussion on the anatomy and structure of the lower back and pelvic region and the important surrounding muscles that effect it.
- What causes back pain and how to remedy it.
- A long slow practice that will break down fundamental standing postures that help to support the surrounding muscles of our lower back.
- How to access the deep core muscles that support us.
- Hip openers which create space and ease in the lower back.
- A pranayama practice to end.

Location:

Vibrance yoga studio
32123 Lindero canyon road suite 202
Westlake Village



Pricing: \$65

Paypal: Joanhymanyoga@gmail.com

Checks and Cash are accepted to and payable to Joan Hyman.

Joan Hyman's grounded teaching style seamlessly supports her students as they emerge from their practice with the rich and bright energy that yoga has to offer. Joan's teachings come from an organic and intuitive place, as she draws upon the combined studies of Ashtanga and Iyengar yoga as well as Ayurveda and meditation. An authentic modern-day yogi, Joan's love and devotion show up in her practice and throughout her teaching, you will leave her class feeling transformed and deeply aligned.

Joan partners with yoga schools in various corners of the world on their teacher training programs and has developed her own called Elements of Yoga and many other trainings to help people along on their healing journey. Joan's open-hearted approach to teaching yoga keeps both her inner spirit and her students continuously evolving.

As a leader in the Los Angeles yoga community, Joan also contributes to popular blogs such as The Daily Love, Elephant Journal, and Wanderlust. She has been featured in Yoga Journal, ORIGIN Magazine and Women's Health for her advice and expertise on health and wellness. Joan's openhearted approach to teaching yoga keeps both her inner spirit and her students continuously evolving.

For more information about Joan: Joanhyman.com