



Ventura Yoga Studio



## *Neck & Shoulders Workshop!*



*With Anna Spanopoulos, CIYT*

*Sunday, February 28, 2:30 - 4:30 PM*

*Zoom Live - All Levels Welcome*

*\$20*

Safe restorative and active Iyengar yoga techniques for relieving shoulder and neck pain, tension, and instability.

The shoulders are the most mobile yet vulnerable joints in one's body. Besides the lifestyle of computer or cellphone use and driving, gravity pulls the arms downward, away from the body, which destabilizes and weakens the shoulders. This specialized Iyengar Yoga Workshop will strengthen muscles that will provide stability for the shoulder girdle, move toward greater mobility and improvement of that hunched over posture, and relieve neck and shoulder pain and tightness.

Anna is a Certified Iyengar Yoga Teacher who began her yoga study in the early 1970s and teacher training in Hatha yoga and Asthanga yoga in 1994. She began teaching in 1995. Since then she has been a student of the Iyengar yoga system, including Iyengar teacher training and therapy workshops.

The improvement of her health and asthma drew Anna to her yoga practice which gives her internal quiet and external strength. Teaching yoga to others is one of her greatest joys in life. Anna encourages her students to "Live Better in Your Body." Focused on Anatomy, Biochemistry, and Nutrition, Anna has a Bachelor's Degree in Biology.

**Help yourself & support the studio too!**

Got to <https://www.venturayoga.com/workshops>