Join **Kirsten Montgomery** and **Vickie Argals** in an exciting workshop series that will teach you how to reduce pain, improve mobility and become more body aware.

Over the next 4 months we will be focusing on a specific area of the body and holding 2 workshops to teach you how to feel better by doing simple mindful exercises and self-massage techniques with the foam roller.

**September’s focus is Hips**

September 10 Somatic yoga

September 24 Foam Roller

**October’s focus is Core**

October 8 Somatic yoga

October 22 Foam roller

**November’s focus is back**

November 12 Somatic Yoga

November 26 Foam roller

**December’s focus is Shoulders**

December 3 Somatic yoga

December 10 Foam Roller

Each workshop is on a **Saturday from 12-1**.

**Cost:** $25+ GST each session

Handouts included with each workshop

**What to bring:** Please wear loose clothing, and bring a yoga mat if you have one, and a foam roller if attending the roller classes. Foam rollers are available to purchase at Refresh.

**Somatic yoga** is a restorative yoga, creating body awareness through simple, guided movements. Through these exercises you will: help your brain regain to re-train muscle firing habits, restore optimum function to muscles, learn how to release chronic muscle contractions, relieve pain and improve muscle tone. This class is for anyone with chronic pain, or chronic tightness.

**Foam Rolling** is a self-massage technique that can be done at home. Foam rolling releases the fascia and loosens the associated muscles. In this workshop we will introduce basic concepts of muscles, fascia, and the importance of self-massage to improve mobility in chronically tight areas.