

Beginners Self Care Yamuna Body Rolling 5 week course

Dates:

Week 1: Tuesday 17th April 8:15-9:15pm

Week 2: Tuesday 24th April 8:15-9:15pm

Week 3: Tuesday 01st May 8:15-9:15pm

Week 4: Tuesday 08th May 8:15-9:15pm

Week 5: Tuesday 15th May 8:15-9:15pm

This Beginners Self Care Yamuna Body Rolling 5 week course will help you improve posture, flexibility, strength, and alignment.

Disc herniations, chronic tension patterns, lower back pain, neck problems, shoulder problems, sciatica - the list of common complaints goes on and on.

Using a small ball we roll the body out, creating space in the joints while toning and elongating all the muscles. The result is a total de-compression of the body - you will walk away taller and with greater range of movement in all the joints. It's amazing how much body trouble we can ease in just one session.

'Body Rolling puts the foam roller to shame. It gets into those stuck places much more effectively'.

Yogis and Pilates students in particular will find Yamuna body Rolling a smart tool to compliment your practice.

Price £85

To book visit: <https://ticketlab.co.uk/event/id/1261>

Week 1 Focus: **Building foundation**

Every day our feet are subjected to tremendous weight-bearing stress. This can also cause strain to the knees. By working through the muscle chain from the knee to the foot, we will create space in the joints, freeing the legs and enabling a solid connection into the feet.

Week 2 Focus: **Freeing the hips**

With hip replacements becoming more common and hip alignment affected due to desk-based jobs, impacted sports and accidents Looking after our hips is essential to maintaining flexibility and strength at every age. we will explore way to open up the hip region, relieving pain and dramatically increasing joint range.

Week 3 Focus: **And Breath**

Hunching over or having pain in the back, shoulders and neck can lead to restricted breathing. We will work on releasing the entire rib cage, freeing up the back and knowing what it means to fully take the biggest possible breath in.

Week 4 Focus: **Do you carry the world on your shoulders?**

The shoulders and neck are a major point of stress in the body, with injuries and built up of tension very common in this area. We will explore ways to dissipate tension and feel rejuvenated, light and open in the shoulders, neck and upper back.

Week 5 Focus: **Maintaining a healthy back**

Back pain is one of the most common problems. We will explore routines to specifically create space between the vertebrae's of the spine elongating this entire area. As well as activating our abdominal muscles which aid in the maintenance of a healthy back and a stronger centre.

Fallon Stocker is one of the few Yamuna Body Rolling and Yamuna Foot Fitness specialists in London.

Fallon holds a BA Hons in Dance Studies where she studied anatomical and dance science based modules, she is certified as a Personal Trainer, Mat Pilates teacher, Barre instructor and Yamuna Bodyworker.

Her classes bridge the gap between precision and free flowing creativity; maximising the potential of her students while maintaining a safe, fun and enjoyable workout.

Fallon continues to be inspired by her teachers Matthew Cohen, Yamuna Zake, Gary Carter and Neale Bergman. She continues further studying in the fields of Pilates, Yoga, Yamuna Bodywork and Dance Science.



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April - May 2018 | 8:15pm - 9:15pm | The Healthworks



* **Equipment will be provided. However, if you are interested in purchasing the Yamuna Balls and DVD this can be arranged. Advance notification is needed for your order. Please email Fallon at fallon9@sky.com to enquire about prices.**

* **Spaces are limited to maximum 6 students to avoid disappointment book early.**

The Healthworks

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Yamuna® Body Rolling gives you the ability to “work on yourself” anytime, anywhere, forever.