

Self Care Workshop: Yamuna Body Rolling Workshop

Saturday 29th September 2018 | 2pm - 4:00pm | The Healthworks



Reorganise and Revive our Bodies.

This Self Care Yamuna Body Rolling workshop is an opportunity to gift yourself time for a deep delicious way of unwinding tension, stress, and discomforts within our bodies.

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

This unique intelligent self-care practice will help you improve posture, flexibility, strength, and alignment.

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

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.

In this workshop, we will unwind and recalibrate our whole body - knees, hips, shoulders, spine, ribcage, and neck.

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

Price: £35

<https://ticketlab.co.uk/event/id/1838>

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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.



- * **Equipment will be provided. However, if you are interested in purchasing the balls 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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