



Keys to Mobility

Caring for Bones & Joints

With Nimet Fitzpatrick

January 14th 1:00 - 2:30pm

\$10.00 (Refund if Cancelled)

- Fun facts about Your Amazing Skeletal system
- Mobility vs Flexibility (and why we need mobility more!)
- Rediscover Your Body's Design and how to reverse or avoid disabling conditions
- A Lesson & Activity for each Joint
- Key poses for building, and even reversing, bone loss
- Meditations for living with injury or chronic pain

Bring: Mat, two blocks & a small hand towel

("yogi-toes" and/or eye pillow if you have them)

Provided: Bolsters, blankets & "toe-stretchers"

Must Be a Member of SC Hatha Yoga Club

Please register in yoga room during club hours.

Chair Students Welcome!