

# Studio B

## PRESENTS

**Are your hips tight? Low back pain? Tight hamstrings?  
Learn how to build stability, flexibility, and openness in the pelvis.**

**You'll end the evening feeling light and relaxed!**

**Gain an understanding of the anatomy of the pelvis  
- the hips, sacrum, and upper legs -  
as a foundation for future practice.**

**Workshop includes practice, adjustment, and discussion.**

### **ASHTANGA-VINYASA: CORE AWARENESS: THE PELVIS**

**OCTOBER 5  
4-6PM**

**Ashtanga-Vinyasa is an alchemy of movement, breath, and concentration that results in lightness, grace, and balance of body and mind. Regular practice Tuesday/Thursday 6:15a.**

**FEATURING:  
30-MINUTE SINGING BOWL RELAXATION  
OFFERED WITH GRACE AND LIGHT BY JEFF KLEIN**



#### **ABOUT THE INSTRUCTOR:**

**Griffin guides traditional Ashtanga Yoga practice, paired with deep study of anatomy to create engaging, challenging and safe classes. Yoga Teacher and world traveler, he has studied extensively in India.**

**Tuition: \$20 preregistration / \$25 door**

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