

YAMUNA

with Marianna Moll

Body Rolling



Saturday June 26

The Yoga Center 774- YOGA

449 Forest Ave. Plaza, Portland

Yamuna Body Rolling is a powerful body meditation that follows the logic of the neuromuscular system, releasing energy up the spine, freeing muscles and myo-fascia and stimulating all nerve roots. It is a means to stretch deeper, longer and prevent injury.

Marianna Moll is certified in both level II Yamuna Body rolling and Body rolling Therapeutics. A certified Iyengar Yoga teacher and owner of Belfast Yoga Studio, Marianna can be reached by e-mail for any specific questions: belfastyoga@mac.com

Spine Care I & II: Save Your Lower & Middle Back Start with lengthening and strengthening your lower back. The move up to the middle back and learn how to activate your breathing to keep the ribcage lifted and flexible rather than collapsing and dropping down into the lower back.

Spine Care III: Save Your Upper Back Learn how to create optimal intra-vertebral space in the upper back, preventing and correcting any disc compression. Learn how to properly align the head and shoulders with the upper back by creating balance between the front and back of the upper back and neck.

Save Your Face works on your face with specially designed balls which work on tension patterns we are not even aware of. Feel the difference in your face when it is relaxed. Working with the face balls gives you a way to prevent aging, relieve sinus problems, headaches and TMJ. Due to the delicate work, classes are limited to 10 participants. For hygienic considerations, face balls must be purchased. *You may purchase Yamuna balls at the workshop from the Belfast Yoga Center.*

Please bring your own Yamuna Balls to the workshop if you have them

Spine Care I-II (lower & middle) 10:30-12:30 pm \$30 first 2 sessions- \$50

Spine care III (upper back) 1:30-3:30 pm \$30 all 3 sessions- \$65

Save Your Face (limit 10) 4-5:30 pm \$20 (plus balls)

Please send payment to: **The Yoga Center, PO Box 1243, Portland, Maine 04104**

Name _____ Phone _____

Address _____

Session/s _____ amt. enclosed _____

e-mail address _____