

# YAMUNA

with Marianna Moll

## Body Rolling



**Saturday May 21**

**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](mailto:belfastyoga@mac.com)

**Free Your Pelvis**- The pelvis is the major weight bearing area of the body. When the muscles of the pelvis are working correctly and well-aligned the spine can unwind and the body can move freely without pain. This class will focus on releasing all types of pelvic restrictions, working in the lower back muscles, abdomen and the hip flexors. The pelvis is the center of your body's movement.

**Free Your Upper Body** (neck and shoulders)- Tightness in the upper back, neck and shoulders is associated with headaches and pain caused from poor posture and the fact that we hold a lot of tension in this area. This class will increase flexibility in the upper thoracic and cervical vertebrae, aligning and lengthening the front body. Create free movement in your shoulders and upper back.

**Save Your Face**- We all have tension patterns we are not even aware of like squinting, frowning, clenching teeth, and tightening lips. These can cause TMJ, headaches, sinus problems and wrinkles. Working with these specially designed balls relieves tension and can prevent signs of aging. When your face is relaxed your whole body relaxes. *For hygienic considerations, face balls must be purchased.*

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

**Free Your Pelvis** 10:30-12:30 pm \$30 *first 2 sessions - \$50*

**Free Your Upper Body** 1:30-3:30 pm \$30

**Save Your Face** *(limited to 10 participants)* 4-5:30 pm \$75 *(includes face ball kit- \$64.95)*  
*only \$20 for returning students with kits*

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

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Session/s \_\_\_\_\_ amt. enclosed \_\_\_\_\_

e-mail address \_\_\_\_\_