

MYOFASCIAL RELEASE FOUR-WEEK SERIES

This workshop explores myofascial release and how it increases blood circulation, decreases risk of injury and stretches out your body from neck to feet.



Thursdays

5:45 - 6:30 p.m.



Instructor: Andrea

500-Hr. Registered Yoga Teacher

- Practice and apply myofascial release for the full body - from novice to veteran exercisers.
- Provide tools and exercises to release muscle tension/ tissue/ fascia.
- Determine best ways to use props, including blocks, blankets, rollers and balls for muscular release
- Greater understanding of injury prevention and how to recover the body from activity.
- Add principles of breathing techniques while releasing body.
- Preferred props: foam roller, RAD Roller Recovery SMR Balls, instruction & micro-balls to manipulate fascia. Available for purchase at ProActive's ProShop.

Members \$20 | Non-members \$40

Sign up online or at the front desk.

FOR MORE INFORMATION Contact Carla Zedicher | 402.413.4012 | czedicher@madonna.org