



YOGIS & YOGINIS WORKSHOP

Sympathy For Your Shoulders: *A Somatic Exploration*

Sunday, October 6 - 10:00 AM to 12:00 PM - Cost: \$50

When functioning as they should, our shoulders have an astonishing range of motion that allows our hands to reach for, to touch, and to grasp everything in the world around us. But that mobility comes at a price: our shoulders are also the least stable parts of our bodies and are prone to injury and dislocation. Accidents, less-than-optimal movement habits, overuse, and degeneration create wear and tear that can result in pain, a loss of mobility, and guarding (which leads to more contraction and discomfort). Add to that the stresses of day-to-day life when we “shoulder” responsibilities, or “carry the weight of the world on our shoulders,” and it’s no wonder that many of us have or have had bouts of shoulder pain that keep us from doing the activities we love.

If you’ve been experiencing ongoing discomfort/stiffness, or want to understand how your shoulders function and how best to care for them, this workshop is for you*. In it, you’ll have the opportunity to explore gentle movements that facilitate range of motion and release chronic muscular contraction that may be contributing to your discomfort.

What you’ll learn:

- * Basic anatomy of the shoulder girdle
- * The variety of movements choices available in the shoulder girdle (calibrated to each participant’s comfortable range of motion)
- * The connection of head and neck movements to shoulder mobility
- * How to integrate shoulder movements into full body movement patterns
- * Postural habits that may be inhibiting your ability to use your shoulders effectively
- * How your somatic center underpins and supports the movements of your shoulder girdle
- * The relationship of breathing to shoulder movement
- * Marma points (Ayurvedic pressure points) to support shoulder health

**if you’re in acute pain, it may be best to rest so as not to aggravate your condition. If you have any questions about whether this workshop is appropriate for you, please contact Lisa at flourish@clearsightyoga.com.*

About the Teacher:

LISA SACK

Lisa Sack, C-IAYT, ERYT-500, C-AHC, is a certified Viniyoga® therapist, Āyurvedic Health Counselor, and Hanna Somatic Educator®. She practices yoga and yoga therapy in the tradition of TKV Desikachar who emphasized an individualized, breath-centered approach to āsana practice as a powerful method for preparing body and mind for prāṇāyāma and meditation. Lisa thinks of Hanna Somatic Education as “micro-mini Viniyoga,” the means by which you can become more embodied, hone your moment-to-moment awareness, and quiet your mind. She is passionate about bringing this lesser-known somatic tradition to the world. Based on students’ observations and her own practice, Lisa has found that tremendous riches of perception, consciousness, and transformation reside in slow, small, focused movements connected to our breath. Awareness is the key to living life fully.