

# Wheel Yoga Introductory Workshop



Date: 17 December 2016 (Saturday)

Time: 4:30 - 6 pm

What to wear: comfortable clothes

Location: 2/F, 21 Canal Road West,  
Causeway Bay (behind Times  
Square)

Suboptimal health (亞健康) problems seem to be getting worse nowadays.

With bad posture and spending long hours sitting - stiff back, stiff spine and round shoulders etc. are un-avoidable. When groin iliopsoas (腹股溝髂腰肌) is shortened, it causes a lot of un-necessary pressure on the lumbar spine.

With the help of a yoga wheel, it gives you the ability to expand and stretch and helps develop more flexibility. With a regular practice, the yoga wheel helps newbies and intermediate students backbend more easily while increasing more flexibility in the spine, shoulders, quads and hips as well as improving balance.

In this workshop, Joyce will guide you through a gentle wheel yoga flow and we will talk about the different poses that open different parts of the body. Together we will try some safe back bending and core workouts. At the end of workshop, students will enjoy learning how to use this very therapeutic yoga wheel.

## About Joyce

Joyce took her first yoga class in 2004 and since then, she has been exploring deeper and deeper into the yogic journey. Her yoga class focuses on proper alignment, non-judgmental and just having fun. Joyce is a professionally trained and certified 250-hour Yoga Teacher, Pre-natal Yoga Teacher and Kids Yoga Teacher. Joyce is also first aid certified.