

# Therapeutic Stretch Monthly

Karen invites you to join her for a special Therapeutic Stretch class on the 2<sup>nd</sup> Thursday, and/or 4<sup>th</sup> Tuesday of the month – starting in October.

## What does Karen's Therapeutic Stretch class involve?

The goal is to address muscle imbalance, and release the neuro-fascia, which will assist the body in its ability to find homeostasis and postural balance. Secondly, the stretches are performed very slowly, very gradually and extremely mindfully with a focus on self-awareness, and discovering where the tissues may be stuck, strained or tight.

## How is this different from regular yoga?

Firstly, we use blocks as props to target specific muscles and neuro-fascia, and we will focus on different areas of the body in each class. The stretches in Therapeutic stretch differ from hatha yoga, or yin yoga. Instead of performing typical classical poses, in Therapeutic Stretch the goal is to target specific areas of the body where holding and tension is most likely to occur. The theory behind how, why and where we will be targeting specific tissues is based on osteopathic principles, instead of yoga poses.

## What do I need to bring to this class?

Please bring your yoga mat (we have a few spare mats). All other props are provided.

## Autumn Series: Oct-Dec at 6:30pm to 7:30ish pm

2<sup>nd</sup> Thursdays Oct 10, Nov 14, Dec 12.

4<sup>th</sup> Tuesdays Oct 22, Nov 26, Dec 17\* (\*3<sup>rd</sup> Tues)

\$90 for 3-Class Series either Tuesdays or Thursdays, or \$35 p/class space permitting (incl. HST)

Payment via e-transfer to [admin@heaven-onearth.ca](mailto:admin@heaven-onearth.ca) (note there is a dash after heaven).

Minimum 3 and maximum 8 participants. Pre-registration is required.

Participants will need to be able to:

- Get up and down on their yoga mat without assistance.
- Be comfortable a variety of positions including lying prone, supine, and/or in table pose (on hands and knees/blankets available for knees)
- Yoga experience is not required.