

# Therapeutic Stretch Monthly

Spring Series: May 9<sup>th</sup>, Jun 13<sup>th</sup>

Karen invites you to join her for a special Therapeutic Stretch class on the 2<sup>nd</sup> Thursday of the month.

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

Firstly, we are targeting muscle imbalance, and the neuro-fascia - which when affected can restrict the body from 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. Each class will address the muscles and neuro-fascia for a specific area of the body.

## How is this different from regular yoga?

Therapeutic stretch is similar, yet different from regular yoga. In regular hatha yoga, or yin yoga, there are poses, and each participant performs the pose to the best of their ability based on strength or flexibility. Therapeutic Stretch may or may not look like traditional poses, because the goal is to target specific areas of the body where holding and tension is most likely to occur. The theory behind how and 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.

**Schedule: 2nd Thursday of the month from 6:30pm to 7:30ish pm**  
**May 9<sup>th</sup>, June 13th**

\$35 per class, or \$60 for the series of 2 (including 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.