



Holistic Healing – Wrist Workshop

with James Bryan

Saturday 23 July 2016
1.30 - 3.30pm @ The Yoga School

How to strengthen and support your wrists during your yoga practice. You will learn how to modify classical yoga poses to suit your current wrist strength and flexibility.



James

The wrists are one of the 6 major joints in the body and during yoga practice they can receive a caning and become quite sore. However, if you understand the mechanics, techniques and modifications, you can continue to practice while protecting your wrists and get the most out of your effort.

This Workshop will cover:

- Understanding the wrist structure and how it functions
- Some of the things that can go wrong
- How to correctly work the hands to support the wrists
- The handiness of Hasta Bandha
- How to protect your wrists
- How a strong core decreases the load on your wrists
- How to modify classical poses when wrist issues are present
- How to continue your yoga practice when wrists are holding you back
- Not all wrist pain is bad, it can be a sign of building strength and mobility.

\$59
or \$49 early
bird if paid by
9 July

WORKSHOP LEADER:
James E. Bryan E.R.Y.T.

James has been practicing yoga since 1982 and teaching since 1986.

Over his lifetime he has suffered a few injuries of his own: left wrist shattered, left collar bone cut off, left hip replacement, etc. James has had to learn how to modify his practice and is keen to share his knowledge and love of yoga with you.



Bookings can be made in person at the school or online: www.theyogaschool.com.au

For more information call James on 0432 154 716 or email: james@knoffyoga.com

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Stretch your body,
calm your mind