

# Hipster Yoga



*Our hips tend to hold the majority of the stress and tension we carry throughout our days. They are the “junk drawer” of the body. But why? Where does this stem from?*

*Join Jacklyn to explore the reason behind hip pain and tight hips. Afterwards, enjoy a vinyasa class filled with happy hip openers and gentle adjustments.*

**Where:** BeYoga

**When:** Saturday, July 28<sup>th</sup> from 11:30 am – 12:30 pm

**Who:** Jacklyn

**Cost:** Members - \$20 / Non-members - \$25