

Healthy Back workshop with Kerry Reinking

Sunday 23rd of November 11:00 – 14:00

In this workshop, students will learn the association with how properly training and aligning the lower body can create mobility and stability in the legs, hips, and abdomen in order to release pressure and strain in the lower back.

This workshop will increase our knowledge on how to use yoga to maintain and increase health and energy through a healthy spine. Pain and discomfort in the lower back is often linked to a lifestyle, arthritis, or injuries resulting from improper alignment. An attentive and stimulating yoga practice can help release tension, make space in the joints, increase circulation and decrease inflammation to improve the health of the back.

Beginners and experienced practitioners welcome. It will be interesting, fun and you will leave feeling energized and alive.

About Kerry Reinking:

Through his work as a portrait photographer and Iyengar Yoga teacher, Kerry knows how to balance art and technique. “My Job is to help my students discover their own body’s intelligence, and inspire them to build a strong and solid body and mind.” Kerry incorporates 15 years yoga experience to guide his students to create a positive change to their life.

Cost: € 35 – prepaid registration essential