

# Low Back & Hip : Double-Buckle Belt

with **Kelly Sobanski** from Indiana

**Saturday, November 10, 2018**

**1:00PM-3:00PM**

**Only \$60**



## Garden of Yoga

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This healing sequence is inspired by the weekly Low Back Class at the **Ramamani Iyengar Memorial Institute** in Pune, India. A double-buckle belt and a regular belt will be placed around the sacrum to use as a tool for stability and feedback throughout asana practice. When the sacral/hip area is stabilized and the legs are used as a firm foundation, the front pelvis, spine and shoulders can open with a state of balanced integrity. Through established integrity and the art of investigation, healing is cultivated, and poses can be embodied with a state of pure awareness and joy. From this workshop you will:

- **Gain freedom** in you spine
- **Feel relief** in your sacrum
- **Get relief** in your shoulders
- Learn **new techniques**
- **Reduce** back pain
- Have the **option** to buy a belt



\* Must have 6 months of Iyengar yoga study



**Kelly Sobanski** is a Certified Iyengar Yoga Teacher (CIYT) at the Intermediate Junior II level and the President of the Iyengar Association of the Midwest. She studied six months at the Ramamani Iyengar Memorial Yoga Institute in India and cultivated experiential knowledge directly from BKS Iyengar, Geeta Iyengar, Abhijata Sridhar (BKS Iyengar's granddaughter), and many other insightful teachers. Kelly inspires practitioners to cultivate wisdom, intuition, and luminance through the endless learning that yoga unveils.