

# Happy Hips Workshop with Kathleen Wright

## *Zoom On Over To Our Online Workshop*

**Friday, October 23, 2020**  
**6:30 – 8:30 PM**

**Suggested donation:**

**\$40 prepay**

**\$45 day of workshop**

No one will be turned away.

Please pay according to your financial situation.



Kathleen Wright,  
CIYT, RYT, CAE

## Work towards Creating Freedom in the Hips!

Mobilizing the hips gives access to the strength and mobility of the legs and lower spine and can provide health and freedom to the knee and ankle joints as well.



- Simple props will be required.
- Handouts will be provided.

This workshop will be recorded. If you are not able to attend the zoom workshop please contact the instructor.

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YOGA