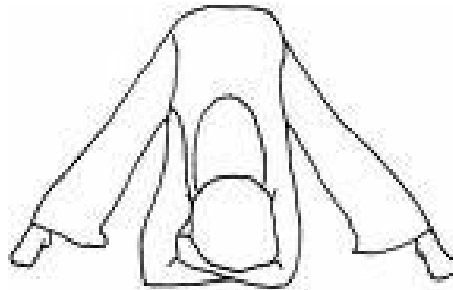




# yoga for the hamstrings with amir

Tight hamstrings can cause problems and impede progress in a variety of ways. Often, tight hamstrings are the culprit for postural mis-alignment and back pain as a result of their tendency to pull the pelvis out of its neutral position. In this workshop, Amir will lead a basic study on hamstring anatomy, including their structure and function. We'll then practice poses that improve hamstring flexibility, starting with easy postures and progressing to more challenging ones.

**Saturday March 20**  
**1:30 to 4:30 pm**  
**\$40**  
**Arlington**



register online at [www.sunandmoonstudio.com](http://www.sunandmoonstudio.com)  
or give us a call at 703.525.YOGA  
3811 Lee Hwy. Arlington, VA 22207 and 9998 Main St. Fairfax, VA 22031

*If you are not pre-registered for a workshop, please call the studio prior to dropping in.  
If you are pre-registered and the workshop is cancelled, you will receive notification by telephone.*

**breathe. stretch. relax. repeat.**