

INFUSE YOUR PRACTICE WITH INSPIRATION, DEPTH AND AWARENESS

Saturday, August 21  
1:30–4:00pm  
\$45



## liberate your shoulders, ease your neck

Tension in the body diminishes our ability to experience sensation, freedom and joy...both in yoga and in our lives! If you have chronic tightness in the upper back, shoulders or neck, or leave yoga feeling more bound up than when you began, *or* you just want to open up, then this workshop is for you.

Angelina will teach functional anatomy and Pilates-based exercises to release tension and become aware of alignment, and then move into a healing Forrest Yoga Flow. You will learn how to create strength in your mid-back and spinal muscles as you release deep tension and bound energy in the neck, jaw and shoulders. Using your Ujjayi breath and core stabilization as tools, you will gain new awareness, strength and self-confidence to do your yoga practice in a way that feels supportive and liberating.



**ANGELINA VASILE** is a certified Pilates instructor and a yoga teacher. She has been teaching movement full time since 2001 and her style incorporates her passion for anatomy and kinesiology, athletics, Chinese medicine, martial arts, Pilates, dance, Ashtanga, Vinyasa and Forrest Yoga. Skilled at working with a broad range of clients, she especially loves working with injuries, athletes, pre- and post-natal women, the elderly and those struggling with body image related disorders. It's Angelina's goal to teach clients how to breathe deeply and move consciously. She is passionate about growing people's understanding of their bodies and themselves.

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