

TAME THE TENSION

A Neck & Shoulders Workshop

with Carol King

Saturday, Sept 19, 2015
11:30 am - 1:30 pm



3895 Princeton Drive
Santa Rosa, CA 95405
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**\$30 Pre-register
by 9/12**
\$40 At the door



Allow your neck to go on vacation

Learn how to “wrap” your shoulders

Join Carol for an all-levels workshop dedicated to releasing the neck and shoulder area. Safely unlock habitual tension spots through focused breathwork and asana. Lengthen and strengthen the muscles of the neck and shoulders to create internal space. Ease chronic tight spots by releasing muscular holding.

Special attention will be given to shoulder alignment, opening the shoulders and how to effectively “wrap” your shoulders in yoga postures. Individuals with injuries or limitations are welcomed and encouraged to attend.



Carol King has over 18 years of Forrest Yoga training, along with a background in classical dance and movement. Carol completed her teacher training with Ana Forrest in 2006 at the Forrest Institute and is certified. Carol brings an insightful, compassionate presence to the classroom. She is skillful at adjusting and modifying poses so students can work safely with injuries & health conditions towards their healing and well-being.

