

# FLOW & ALIGNMENT WORKSHOP:

UNCOVER THE HIDDEN  
RESTRICTIONS THAT HOLD  
YOUR BODY  
BACK BY LEARNING  
THE ANATOMY THAT  
YOU LIVE & BREATHE

WITH LUCY LOWES,  
UK TRAINED  
MANUAL THERAPIST  
& YOGA TEACHER



**SATURDAYS, NOV 8 & DEC 13**

**1:30 - 3:30 PM @**

**YOGA SANTOSHA**

**403 244 9642, 1800 4TH AVE SW**

## LUCY LOWES:

Lucy taught yoga in London, UK for 8 years & now lives in Calgary. She has a full time clinical practice as a highly trained manual therapist (She's an Osteopath) & specialises in working with adults who have chronic injuries and postural imbalances. Lucy brings her knowledge of movement and anatomy into a fun and flowing style of yoga. You will leave the workshop with new information that will be directly relevant to your yoga practice and every day health. In the workshops you will learn about the important role of the diaphragm and the interaction between spinal movement and the nervous system. All information strictly practical. All are welcome.

**\$30** PER CLASS  
**\$55** FOR 2

**REGISTER AT YOGA  
SANTOSHA,  
403 244 9642**