



GRAEME + LEONIE NORTHFIELD

MAROUBRA BEACH, MARCH 20 + 21 2010



A Great workshop for all levels of practitioners. The first class of each day is Led Primary Series Afternoon classes will focus on The Shoulders. Graeme will present an easy-to-follow guide to the anatomical features of the shoulder girdle. In order to maintain healthy joint alignment and function, it is important to understand how to identify and strengthen the major muscles of movement and the stabilising muscles. Application of these key points leads to a steady, safe progression by avoiding unnecessary strain and injury.

SATURDAY MARCH 20TH

12.30pm to 2.30pm Led Primary Practice

3.30 to 5.30pm 'Shoulder Girdle Stabilisers And Strengtheners'

SUNDAY MARCH 21ST

8.30am to 10.30am Led Primary Practice

12.30 to 2.30am 'Avoiding Unnecessary Strain And Injury In Shoulder'

LOCATION:

Coogee Eastward Seniors Hall, 97R Brook Street, Coogee
Behind football ovals at Beach, 4 hr parking

COST

AU\$200

REGISTRATION send via email, phone, post or facebook (Maroubra Beach Yoga)

Name:

Email:

Phone:

Please process payment and you will be emailed confirming registration

- Cheque (to: maroubra beach yoga)
- Cash (pay at maroubra beach yoga)
- Electronic Transfer(email mby for bank details)
- Receipts will be issued on workshop weekend



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