



The 5 Stages of Self-Healing: Focus on the Sacrum

**Sunday, April 11th
3-4:30p Fee:\$25
at Laughing Dog Yoga**

Led by Nia 5 Stages Certified Instructors,
Robyn Maltz and Suzanne Cohen

Join **Nia Black Belts Robyn Maltz, LICSW and Suzanne Cohen, PhD** for an **exciting new workshop called the Nia 5 Stages**. The Nia 5 Stages is a sequence of 5 moves designed to release the body's natural tendency to self heal. The moves are done in a guided imagery sequence.

There will be instruction and practice in the first part of the workshop. In the second part there will be a focus on self healing the lower back or sacral region. As we focus on the sacrum we release fear and anxiety. We connect with mother earth, with feelings of security and well-being. Moving the sacrum through the Five Stages brings mobility and flexibility to the spine, supporting the body from behind and underneath. If you feel tightness in your hips, lower back or spine this workshop will give you the tools to self heal. You will also feel more grounded and relaxed.

Just 5 minutes a day of this amazing practice has changed peoples lives and their relationship to their body. Props such as knee pads for comfortable movement on the floor will be provided. You do not have to have any movement experience. This is a great opportunity to develop body awareness and deepen your understanding of your own anatomy for students of all levels.

Pre-register with Robyn at robymaltz@rcn.com or at studio

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