

# YOGA within



WORKSHOP WITH  
ANNE L. CURTIS, E-RYT

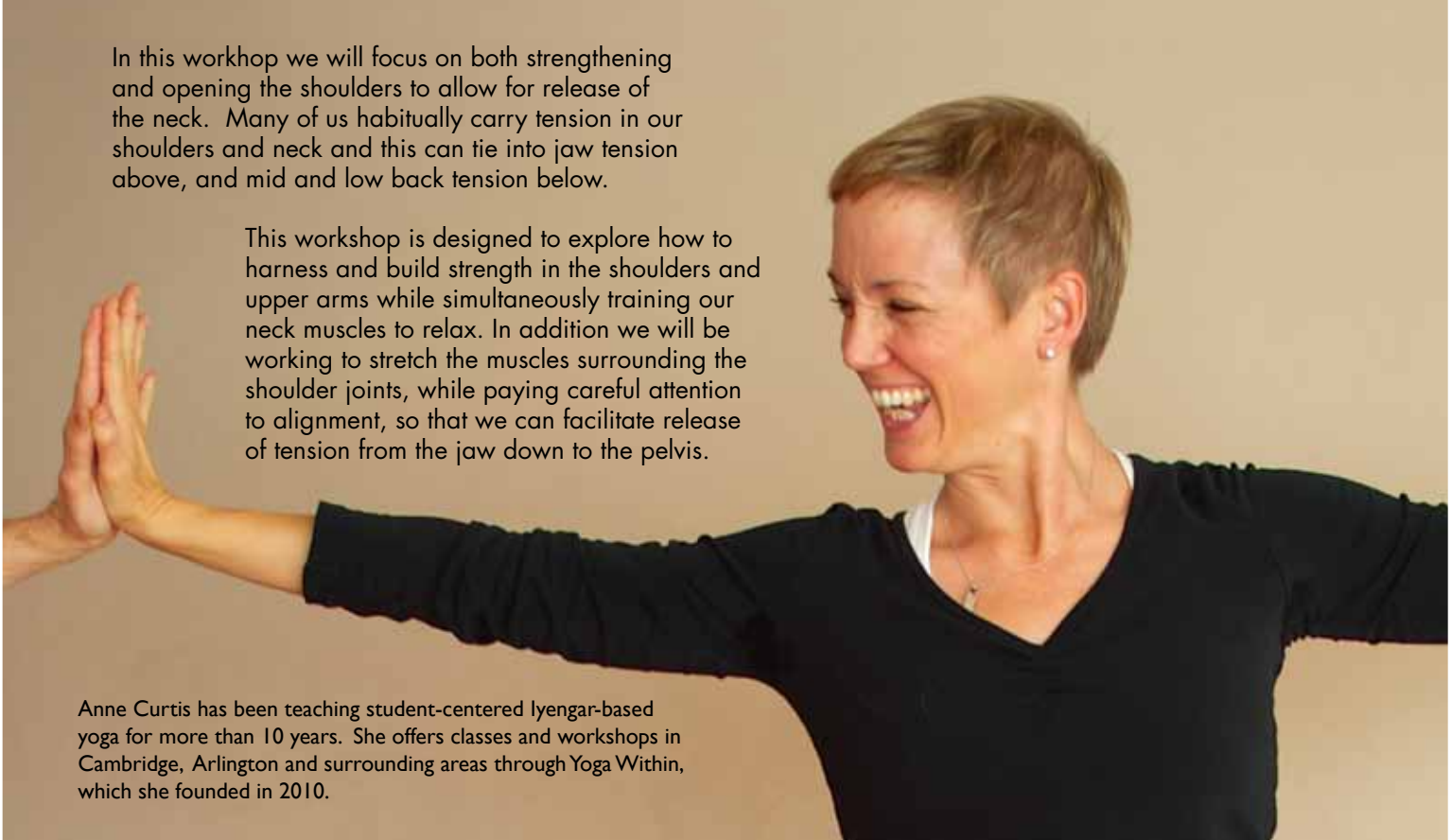
SUNDAY, MARCH 10, 1-4 PM  
YOGA MANDALA  
WINCHESTER

## OPEN AND STRENGTHEN YOUR SHOULDERS RELEASE YOUR NECK

In this workshop we will focus on both strengthening and opening the shoulders to allow for release of the neck. Many of us habitually carry tension in our shoulders and neck and this can tie into jaw tension above, and mid and low back tension below.

This workshop is designed to explore how to harness and build strength in the shoulders and upper arms while simultaneously training our neck muscles to relax. In addition we will be working to stretch the muscles surrounding the shoulder joints, while paying careful attention to alignment, so that we can facilitate release of tension from the jaw down to the pelvis.

Anne Curtis has been teaching student-centered Iyengar-based yoga for more than 10 years. She offers classes and workshops in Cambridge, Arlington and surrounding areas through Yoga Within, which she founded in 2010.



For more information & directions visit [www.yogawithinboston.com](http://www.yogawithinboston.com)  
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