

# Yoga Intensive: Hip Openers



*Claudia Russell*  
coaching for life

## **Claudia Russell, MA, RYT**

Claudia practices yoga for the last 24 years. She has trained in the *Iyengar* tradition, *Ashtanga* tradition, and is a certified senior level *Integral Yoga* instructor. She has also received training in *Therapeutic Yoga*.

"Live it to give it" is Claudia's mantra in order to serve her yoga students best; she teaches that which she experiences in her own practice. Her other passion in life is her work as a certified life coach, and she loves to combine the knowledge and insights of both. Claudia has a BA in Counseling Psychology and a MA in Human Relations. She is also a certified *Find Your Own North Star* life coach. To find out more about Claudia, please visit her website under [www.russellcoaching.com](http://www.russellcoaching.com).



Join Yoga instructor Claudia Russell, RYT, for this *Yoga Intensive at Yoga House at Civano* and discover the many benefits of open hips and a well aligned hip-pelvic area.

*There are so many reasons to do hip-opening poses: Supple hips can ease back pain, give you a more agile gait, and even improve circulation in your legs. But there's a more subtle benefit to hip openers, too: We hold stress and negative emotions—such as fear, guilt, and sadness—in our pelvis, says San Francisco Vinyasa teacher Stephanie Snyder. For this reason alone, Snyder believes it's particularly important to do poses that move prana (life force) through that area. "You know your junk drawer at home?" she asks. "The pelvis is like the body's junk drawer. Whenever you don't know what to do with a feeling or experience, you put it there." –Yoga Journal, June 2010*

### **No prior yoga or meditation experience necessary!**

- ❖ 30 min. Lecture
- ❖ Three Asana Sequences:
  - Opening the Hips
  - Strengthening & Aligning the Hips
  - Nurturing & healing the hips
- ❖ Guided Deep Relaxation
- ❖ Breath Control & Meditation Practice

**Questions? Call Claudia at 520-481-8796 or e-mail her at [claudia@russellcoaching.com](mailto:claudia@russellcoaching.com)**

**When:** Saturday, 31 July, 2010, 1:30 – 4:30 PM

**Where:** Yoga House at Civano • 5343 S. Civano Blvd • Tucson, AZ 85747

**Cost:** \$ 35.00 (\$ 30.00 if registered and paid by 24 July 2010); call Claudia at 520-481-8796 or e-mail her at [claudia@russellcoaching.com](mailto:claudia@russellcoaching.com) to register and pay.