

# Yamuna Full Body Rolling with Danielle Haggar



Yamuna® Body Rolling (YBR) is a whole body fitness system that stimulates the bone, improves bone quality, relieves pain and creates space in the joints. You will see an increase in range of motion, a lengthened and toned core and an elongated spine. The added benefits include stress relief, healing and prevention of injuries and freedom from myofascial restrictions. Unlike using foam rollers, YBR goes far beyond random movement and stretch. It allows you to work specific muscles in detail, working from origin to insertion, creating positive, permanent changes in the body.

This workshop will help the hamstrings, quadriceps and calf muscles to be well aligned, and moving across each joint correctly, to avoid breakdowns in the ankle, feet, knees, and hips. We will also work on the shoulder joint - one of the most overused parts of the body. It's important to keep the shoulder aligned, tension free, and with full range of motion. Learning to care for your shoulders will prevent movement limitation, rounded shoulders, frozen shoulders and other common shoulder injuries.

- 🌿 **Date:** Friday February 22
- 🌿 **Time:** 9am - 11am
- 🌿 **Investment:** Dhs 285

Yamuna balls will be on loan for the workshop. All levels welcome!

\* Prices are inclusive of VAT.

Book your place by emailing

[info@bodytreestudio.com](mailto:info@bodytreestudio.com)

02 443 4448 [www.bodytreestudio.com](http://www.bodytreestudio.com)



*Danielle is a fully Certified STOTT PILATES® Instructor trained in Matwork, Reformer, Cadillac, Chair, Barrels and specialized in Injuries and Special Populations. The first and only certified Yamuna Body Rolling Practitioner in the region, Danielle works closely with biomechanics specialists, kinesiologists and physiotherapists in Canada. For the last 9 years, she has been teaching in Montreal, Cairo, Abu Dhabi and Dubai where her aim is to elevate body awareness in a manner customized to each individual's needs through a safe and effective smart-workout.*

