

FASCIA SELF-THERAPY WITH JENNIFER



Fascia: The culprit for body structure that regulates function and body movement; fascia has memory and can hold physical and emotional tension resulting in pain and misalignment. In this workshop, we will use the technique of ball rolling to unravel tension in the tissues of the body and feel more relaxed and able to move freely.

In this session participants can expect to learn how to move better and in different planes of motion, with dynamic quadruped ground movements, to hand balancing transitions using various bodyweight-training disciplines to create a fun and challenging yet fluid bases of movement.

Jennifer Adinolfi is a yoga and Pilates instructor, rehab therapist and Fascial therapist. She will be teaching anatomy applicable to the practice and teaching of yoga. She started practicing yoga 16 years ago, and has accumulated an eclectic style of physical practice in Vinyasa, Ashtanga, Hatha, Iyengar, Anusara, Primal movement, aerial yoga, paddle-board yoga, yoga tune-up, calisthenics and gymnastics.

- 🌿 Date: Friday 17 May
- 🌿 Time: 9am-10.30am
- 🌿 Investment: AED 100 (including Nectar Juice)

All prices are inclusive of VAT.

Book your place by emailing
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