

GET HIP!

A HIP, GROIN, AND PELVIS
OPENING WORKSHOP

with

VICTOR DUBIN

Saturday, March 14th, 3:00-5:00pm



Om Room
SCHOOL OF YOGA

300 Natural Bridges Drive, Santa Cruz

This workshop will teach various yoga postures, which develop opening in the hips, groin, and pelvic center. Through the practice of these postures students will stretch and strengthen the muscles and connective tissue around their hips, enhance their anatomical knowledge, and deepen their understanding of body mechanics. The postures may also assist yoga students, dancers, athletes and others in alleviating pain, tension, and fatigue in this connective center of the body.

Open to students of all levels.

Victor Dubin owns, operates and teaches at Om Room School of Yoga in Santa Cruz, California. He completed the yoga teachers' training program at the Urban Yoga Center in New York City in February 1996 and has been teaching Hatha Yoga classes of various levels in Santa Cruz since July of that same year. His teaching and practice are influenced by synergies of Iyengar Yoga, Ashtanga Yoga, and traditional Hatha Yoga. Victor has worked with a diverse student population of various ages and abilities. His classes challenge students physically and mentally, provide a safe space for self-exploration and meditation, and emphasize proper alignment, breath work, and broadening awareness. His workshops address specific areas of yoga practice, including, but not limited to, hip opening, shoulder stretching and strengthening, individual practice development, yoga philosophy, yoga for runners, and partner yoga. Victor is a Registered Yoga Teacher with Yoga Alliance and is a member of the California Yoga Teachers Association and the International Association of Yoga Therapists.

Pre Registration \$25 Before: **March 13th, 2009** Same Day Registration Fee \$35
Early Registration Strongly Recommended!

For more information contact Om Room at (831) 429-YOGA (9642) or victor@omroom.com

Check out our full schedule of classes online ~ www.omroom.com

Enclosed is my non-refundable registration fee of \$ _____, for Get Hip! made payable to **Om Room School of Yoga**.

Name(s): _____ Date: _____

Signature: _____ Phone: _____

Return completed registration forms to: *Om Room, 300 Natural Bridges Dr., Santa Cruz, CA 95060*