

# Yoga for the Knees Workshop

With Sondra O'Donnell ERYT 500

LOCATION:

**SUN MOON YOGA STUDIO**  
**404 W. Huron, Ann Arbor**

TIME & DATE: SAT. , May 15  
2:00 pm – 4:30 pm

COST: \$20 prepaid / \$25 day of workshop

TO REGISTER: please see  
[www.sun-moon-yoga.com](http://www.sun-moon-yoga.com) or call 734-929-0274



The knee has one of the widest ranges of motion of any joint. Our knees provide the movement for the foundation of our spines.

In this workshop, you will learn common problems and culprits of knee pain and poses to keep your knees strong and mobile. When practiced correctly, yoga can help relieve knee pain and keep knee problems at bay. This workshop will cover:

Anatomy and physiology of the knee joint

Common knee problems and chronic conditions,

How to create muscular balance for optimal knee health by using yoga postures and techniques.

Please join us to learn how to gain strength and flexibility in the knee and its supporting muscles.



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