

Spring Awakening 2018

Yamuna Workshops with Suzen Murakoshi



Yamuna is the PhD to body awareness for being pain-free, increasing mobility and enhancing performance. Suzen Murakoshi has trained directly with Yamuna in NYC and has performed on Broadway and around the globe.

Rates

3 Workshops \$ 65

1 Workshop \$ 25

* All equipment provided, except for Face Balls, which can be purchased for \$50.

Ways to Register

Call: 808.484.4881

Email: HACinAiea@gmail.com

Meet Up: www.MeetUp.com/HeArtsCenter

Location

Healing Arts Center `Aiea

98-030 Hekaha St., Rm. 21

`Aiea, Hawai'i 96701

808.484.4881



Class Schedule

Saturdays

9:30-10:45am

- 1. March 10...Face and TMJ**
Lift your facial muscles back to where they are supposed to be!
- 2. March 24...Spine Movement and Freedom** to create greater flow for neurological pathways, space between the vertebrae and flexibility.
- 3. March 31...Hands and Feet Articulation** to release our hands from the prison of our smartphones, computers and repetitive movements. And, to create space within our feet for the solidity of the architecture of the body.