

Our Anchors & our Oars

The Hips and how they support us

With Amber

December 1st, 1.00-3.00

In this workshop we shall be looking at practices that help us create space in the region of the hips. As massive junctions between the region of the torso and the legs, the hips invariably carry a lot of tension that if not dispersed regularly can lead to more serious conditions.

Exploring mobility, sensation and alignment we shall look deeply at what we are carrying. By making subtle adjustments in our practice we can begin to rebalance the structures of the hips and regain stability and fluidity in equal measure.

Date: Saturday December 1st

Time: 1.00-3.00

Cost: £20

[Booking here](#)

