

Center of Gravity Presents:

A Workshop with Tilak Pyle

Saturday, August 19 9:00-11:00am

Freeing the Hips and Pelvis

Tightness and lack of flexibility in the deep muscles of the pelvis and around the hip joint can lead to lower back pain, knee problems, and contribute to tightness in the hamstrings and hip flexors. These issues are caused and compounded by the significant amount of time we spend sitting in chairs, riding in cars, and accumulating stress in our daily lives. Restrictions and blockages in these areas can also interfere with our sense of groundedness and our ability to stay open and present during life changes. This workshop will introduce a wide variety of yoga poses to lengthen and strengthen the muscles of these areas, incorporating visualizations, breath work, and flowing asana sequences. You will leave feeling energized, inspired, and with a greater sense of freedom and ease in both your body and mind.



Tilak teaches yoga as a deep, intuitive practice of awareness and sensitivity training to what Is. His teaching style is influenced most by his work with Sri Swami Satchidananda, Erich Schiffmann, Asha Greer, and a continuous dedication to the Teacher within. Tilak holds degrees in Religious Studies, Literature & Religion, and has studied Sanskrit at the American Sanskrit Institute and at the University of VA. Tilak is known for his presence, sincerity, and unflinching commitment to authentic sharing. His joy is facilitating meaningful experiences in the lives of his students.

Cost \$30

Limited Space Register early

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