

# Releases & Openings Workshop

An Easy Way to Release  
Your Stress, Tension, and Pain

with Olympia Hostler, CMT, MBA, RYT



Experience the bliss of deep releases and openings of your body, mind, and spirit through integrating yoga with Myofascial Release Bodywork, breath, and spinal extension. It is as if you are receiving a Therapeutic Bodywork Treatment while you practice yoga – Sublime! Feel your body melting as your mind and body let go of tension and tightness, and you create space for moving into a peaceful state of clarity and expansiveness that some people call Bliss.

Flexibility, strength, and a sense of well-being are greatly enhanced. Your everyday yoga practice will be improved. You will feel taller, lighter, and rejuvenated as you learn invaluable pain-relieving and stress-relieving techniques that you can practice at home any time you are feeling pain, tension, or stress. All-level class is challenging for beginners and intense for more advanced students.

Yoga is an inside job!

*Learn more at [www.lastingpainrelief.com](http://www.lastingpainrelief.com)*

**Date:** Sunday, April 25<sup>th</sup>, 2010

**Time:** 2:30 – 4:30pm

**Cost:** \$30 advance / \$35 at the door

**Location:**

**Brahma Yoga Spa**

1050 Ocean Ave.

Sea Bright, NJ 07760

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[www.brahmayoga.com](http://www.brahmayoga.com)