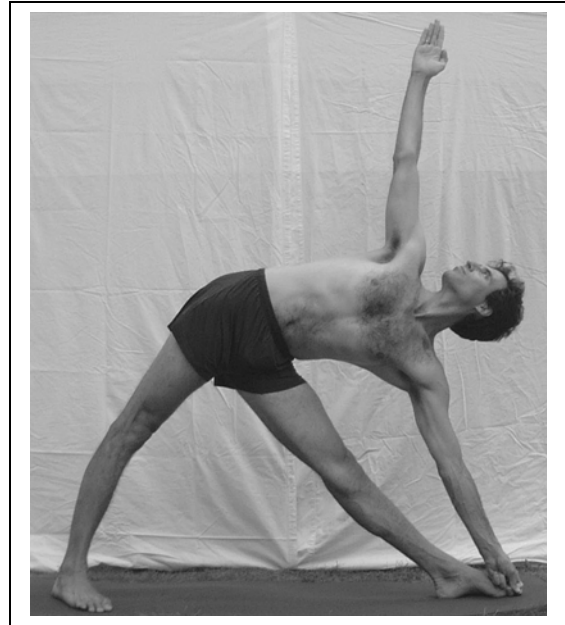


Get Hip to Your Hips & Hamstrings with Raji Thron



**YOGA
SYNTHESIS**

225 N. Franklin Turnpike
Ramsey, NJ 07446
201-818-YOGA (9642)
www.yogasyntesis.com



**Sunday, March 16, 2008
2:30 – 5:00 pm**

Join Raji for an experiential journey into the realm of hip-joint anatomy, movements, stability and alignment, and how it all relates to your yoga practice.

Hamstring flexibility will be emphasized, because of their importance in pelvic mobility, lower back health and postural alignment.

We will use movement, passive and active stretching, muscle engagement and propping techniques to facilitate openness and awareness.

Registration fee: \$35 per person until March 9; \$40 thereafter

For information regarding Yoga Synthesis Classes, Workshops & Retreats, Yoga Synthesis DVDs and Yoga Synthesis Teachers' Training, please visit www.yogasyntesis.com, or call 201-818-YOGA (9642)