

Yoga For Strength, Balance & Ease

with Lucy Lomax, C-IAYT, E-RYT500

Saturday, November 12, 1:00pm - 3:00pm \$25

Appropriate for yoga students of all levels.

THIS WORKSHOP WILL BE HYBRID.

Taught in-studio (for those who are vaccinated) and live-streamed via Zoom to those who are not fully vaccinated or choose to stay on Zoom.

Many people come to yoga asana (pose) class to become more flexible; they want freedom in their joints so they can move fluidly and feel more balanced and at ease in their body and life.

However, flexibility depends on fluid joints, and joints move with ease only when supported by strong muscles.

Because muscles are responsible for moving bones within joints, if there is lack of muscle strength, for example if a muscle is tight and therefore weak, there will be a commensurate restriction in the joint supported by that muscle.




So, how does one gain strength in yoga? The short answer is by holding poses longer, and by repetition. The longer, more complex answer is by developing techniques that will help better access muscle strength and energy within all muscles and within every pose.

If you want to learn how to better access strength to support fluidity, balance, and ease, please come check out this workshop!

Includes a handout of poses taught.

Hours count as CE units for yoga teachers registered with Yoga Alliance.

Register on our [Workshops Page](#) or visit www.columbiayoga.com

 **Lucy Lomax, C-IAYT, E-RYT500, RPYT, YACEP, Certified Yoga Therapist and Certified Yoga Teacher,** began meditating and practicing yoga in the 70's and teaching yoga in 1999. After almost 33 years as a financial policy analyst (BS Organizational Behavior, Masters in Public Financial Management) Lucy became a full-time yoga teacher. Her yoga study and practice in alignment-based yoga started in 1998, and Lucy began her concentration in trauma-sensitive yoga in 2010. Lucy is a Certified Yoga Therapist, C-IAYT, Certified Warriors at Ease teacher, C-WAE, Certified iRest® Yoga Nidra meditation teacher, C-iRest, an Accessible Yoga Teacher, and a Y4A: Yoga for Amputees Master Trainer, trained by Marsha T. Danzig. She also has trained as a Cancer Exercise Specialist, CES, and has done advanced studies in yoga for back pain, and yoga for osteoporosis with Dr. Loren Fishman. She teaches alignment-based therapeutic yoga, trauma-sensitive yoga and meditation, and adaptive yoga for injuries, pain, special conditions, and recovery.