

Video on Demand Series: Get Your Game On
Easy, Portable Yoga Practices to Take Care of Your Body
Low Back | Upper Back | Neck | Shoulders | Hips | Knees | Feet
New practice every Friday at 12n CT from Apr 28–June 30, 2023



Are you ready to get your game on (pickleball, tennis, golf, softball)? Are you getting ready for summer activities like hiking, kayaking, biking, or gardening? Are you training for a race or an ambitious hike? We are cheering you on and ready to support you with short, accessible, and targeted yoga practices for taking care of your body.

A regular yoga practice can be strengthening, lengthening (stretching!) and restorative (tired legs?).

Join us for our special 10-week video-on-demand program that emphasizes:

- **20 – 30 minute practices** targeted for low back, upper back, neck, shoulders, elbows, wrists, hips, knees, ankles and feet
- **A new practice delivery each week** in your Punchpass account Content Library. Practices stay in your Content Library through July 28, 2023. You can go back to practices that are especially effective for you.
- **A progressive approach** through the class series to gain more mastery of yoga postures and adaptations, especially helpful if you are a beginner.
- **Email or Zoom check-in for anyone who needs help** with adapting the practices or has any questions.



Mary Hilliker
RDN, E-RYT-500, C-IAYT
Certified Viniyoga Teacher &
Yoga Therapist

Mary has been a yoga practitioner for 32 years, teacher for 23 years and Yoga Therapist for 13 years. She is a hiker, golfer, kayaker, biker, orchard hand, and gardener.

She has a passion for helping people learn how to stabilize their bodies to keep the spine and major joints as healthy as possible. Her approach to unwinding tension in the body is akin to giving yourself a massage.



5 Koshas
yoga and wellness

DETAILS:

Practices are posted by 12 noon Central Time each Friday, April 28 – June 30, 2023 (10 weeks). **The practices are available through July 28, 2023.**

FEE:

\$99 for 10 weeks if registered by April 24, 2023.
\$119 if registered after April 24, 2023.
Studio Members: \$49 for 10 weeks if registered by April 24, 2023.

TO REGISTER:

Early discount code: GETGAMEEARLY
Member discount code: MEMBERGAME

5 HRS CONTINUING EDUCATION FOR REGISTERED YOGA TEACHERS:

Contact Mary at mary@5koshasyoga.com or 715.218.7120 for more information on learning objectives for the program.