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# the pursuit of happy hips

with eoin finn

## workshop & flow practice

go deeper than you can imagine without injury.  
educate yourself with this paradigm shifting event

The energy of the hip area can be alive and vital, or dull and dormant. The hips are the connecting point between the upper and lower body. Furthermore, the hip area is where we experience significant tightness, both from the stresses of our sporting activities as well as from the inactivity of sitting in chairs for more hours in a week than our ancestors could have imagined possible.

Explore pelvic anatomy and the psychology of the hips. Find out what rules we need to follow to help keep the yoga practice safe and beneficial to our physiology, while also learning how many rules actually restrict us. Then participate in Eoin's flowing series of poses that will leave you feeling blissful and ecstatic.

Balancing the discipline of a hot and sweaty practice with the chilled West Coast, "play yoga" attitude, this workshop is taught in Eoin's "All levels, All Good" approach, with modifications for beginners and plenty of juiciness for intermediate and advanced yogis.

We are talking freedom, baby.

**what:** workshop & flow  
practice with eoin finn

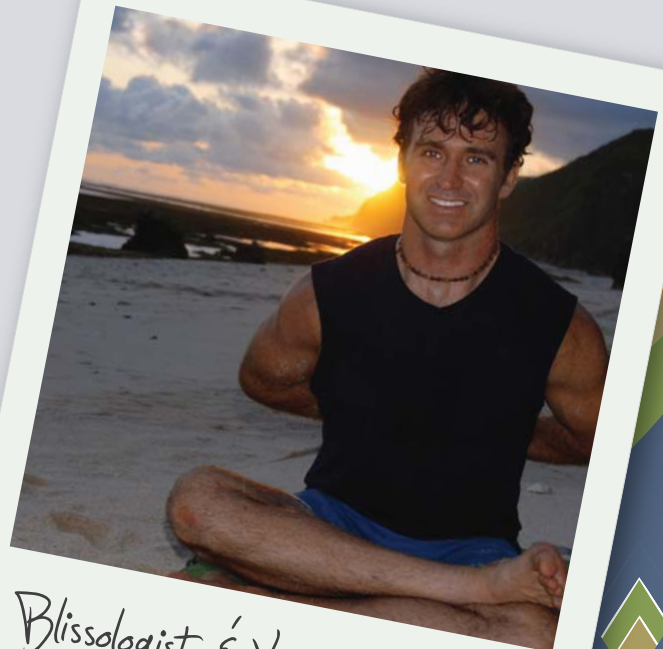
**when:** saturday march 27, 2010

**time:** 1 p.m. - 4 p.m.

**where:** Coastal Bliss Yoga,  
by Live to Surf 250-726-8241

**cost:** \$29 + gst

space is limited so pre-register at coastal bliss  
or email [info@blissology.com](mailto:info@blissology.com)



Blissologist & Yogi Eoin Finn