

# **Workshops at Mukti Yoga Monterrey, Mexico**

October 13 - 15, 2023

Jambo Dragon School in collaboration with Mukti Yoga

Plaza XO. Calzada San Pedro 202. Local 40  
Monterrey, Nuevo León, México

## **PACKAGES**

### **6 WORKSHOPS**

Early Bird Price: \$4,700 MXN

Regular Price: \$6,500 MXN

### **SINGLE WORKSHOP**

Early Bird Price: \$900 MXN

Regular Price: \$1,200 MXN

\*Early Bird Price valid until July 13, 2023\*

**Friday, October 13**

**Unlocking the Forgotten Powers of Glutes: Why you need stronger hips**

**8:30 am - 11:00 am**

The glutes are the largest muscle within the hip complex. They support the lower back as well as influence the health of the entire spine. Optimizing glutes develops stronger hips which enable hips to develop a wider range of mobility patterns.

If you have been stuck with hip flexibility or leg strength, this class is for you! If you have lower back discomfort and wish to learn techniques to help manage discomfort with ease and speed, this class offers a range of exercises that can be done in most places.

**Yoga Bodywork for Lower Back Pain**

**6:00 pm - 8:30 pm**

The lower back is perhaps the area of the body that takes the greatest hit from the modern lifestyle. Given the time that most of the population spends sitting and hunched over watching screens, it is no surprise that many people tend to experience some level of discomfort in the lower back. Add to that formula injury, accident, or surgery, and you have a perfect recipe for low back pain.

Come explore and receive Yoga Bodywork techniques to relieve pain, tension and discomfort in the lower back and hips.

**Saturday, October 14**

**Spread your Wings**

**10:00 am - 12:30 pm**

A yoga ceremony that introduces you to your wings.

The journey towards handstands begins with an appreciation of the biomechanics that enable inverting with safety and fun. Learn the basic steps to progress with your journey. By the end of this class, participants will engage in multiple techniques that are various ways to enter into a handstand practice with confidence.

**Bodywork: Unfuck your Shoulders Part I**

**2:30 pm - 5:00 pm**

This yoga bodywork session is a luxurious opportunity to learn techniques that relieve tension in the neck and shoulders.

**Sunday, October 15**

**Angles & Perspectives**

**10:00 am - 12:30 pm**

This yoga ceremony is a mixed level class that explores the various ways handstands can be played.

Woven within a story of yoga poses that prepare body, mind & spirit, these handstand variations encourage a shift in perspective as we develop new neuro-synapses to enable self-healing and clarity.

## **The Windows To Heaven**

**2:30 pm - 5:00 pm**

These acupressure points on the head, neck and shoulders are powerful portals that connect us to our 'mandate from heaven'.

In Taoism, this means 'our purpose'.

Often we are unable to fulfill our purpose because of a block that has occurred within our system. This workshop introduces techniques to unlock these pathways to enable a free flow of qi.

The concept is built on humans being the bridge between heaven and earth. The elements that exist outside of us also exist within us. When these elements are out of balance within us, the free flow between heaven and earth is disrupted. This bodywork session has the potential to free up the trappings that limit us because of:

- fear
- lost connect to our authentic voice
- disconnection to self-nurturance
- misguided direction and focus