



HAPPY HIPS WITH HEIDI

**SUNDAY, 21ST OF JULY 2019
14.00-16.00 WITH HEIDI**

Why do we need to focus on our hips?

Hip openers are great for releasing tension within the body,
built up emotion and stagnant energy.

Opening the hips allows for more range of motion,
creating more circulation throughout the body and so much more.

Overdeveloped and tight hip flexors can be caused by stress, sitting at a desk everyday
or simply driving in the car, this can also contribute to lower back pain.

Hip openers really give us freedom within the entire body to move,
feel and think healthier and clearer.

Participation is possible for external clients (**54 Euros**),
clients with annual and monthly cards (**45 Euros**)
as well as with regular Studio.12 ticket (**2 points**).

Sign up only via info@studio12-munich.com

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