



HAPPY HIPS WITH HEIDI

FRIDAY, 26TH OF NOVEMBER 2021

5.30 - 7.30 PM

Hip openers are great for releasing tension within the body and built up emotions.

Opening the hips allows for greater freedom of movement and improved circulation throughout the body.

Tight hip flexors can be caused by stress, sitting at a desk every day or driving a lot. Relaxed hip openers give our entire body more freedom of movement.

Participation is possible for external clients (54 Euros), as well as with regular Studio.12 ticket (2 points).

Sign up via info@studio12-munich.com

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