



# ADELINE YOGA

*Benefit Workshop*

SUPPORT OUR YOGA BLESSINGS FUND

## MUSCULAR STRENGTH VS FUNCTIONAL STRENGTH



### Janet MacLeod

**August 21, 2021 2-4:30 pm PDT  
Livestreamed by Adeline Yoga**



*A BENEFIT WORKSHOP FOR ADELINE YOGA'S YOGA BLESSINGS FUND*

When I started teaching yoga many moons ago, Mr. Universe walked into my class. I saw all these muscles and I thought he would be able to hold the asanas forever. That was not true. In this class I learned the difference between muscular and functional strength.

To be able to have access to the strength of the legs, the hips need to be open - hamstrings, adductors, rotators and quadriceps. I will teach a variety of asanas to open the hips so that you can discover how delightful standing poses can be even while holding them a little longer than you may be used to. We will also explore the positive effects on backbends and inversions.

**Suggested Donation - \$60.00**

Reserve Your Spot at [www.adelineyoga.com/events](http://www.adelineyoga.com/events)