

## Juicy Psoas & Conscious Core Awareness

### A Workshop for Deep Connection, Vitality & Ease

The **psoas** is a deep, powerful muscle that plays a central role in our posture, movement, and overall well-being. Often referred to as the "muscle of the soul," the psoas acts as a crucial **stabilizer between the upper and lower body**, initiates leg movement, and supports **hip flexion**.

For yoga practitioners, a **juicy, responsive psoas** and awakened core can transform the experience of **forward bends, backbends, and twists**. But beyond the mat, a supple and conscious psoas can unlock deep layers of **relaxation, vitality, and embodied presence**.

In this workshop, we'll explore how **tightness and unconscious holding** in the psoas — common in both sedentary and active bodies — can contribute to **back pain, knee or ankle discomfort, and tension patterns**. You'll be gently guided to **locate, listen to, and release** your psoas with somatic awareness, imagery, and targeted movement.

We'll also dive into the **emotional and energetic intelligence** of the psoas. This muscle is often seen as our "**second brain**", storing unprocessed **stress, trauma, and emotion**. Learning how to meet this part of yourself with care can open up pathways to more **ease, vitality, and emotional fluidity**.

#### This workshop includes:

- Gentle, guided **exercises to align your pelvis and access your psoas**
- Exploration of **how the psoas influences posture, movement, and mood**
- Techniques to **release habitual tension** in the core and hips
- Practices to **strengthen and tone** the different layers of your abdomen
- Experiential understanding of the psoas on a **physiological, emotional, and energetic level**
- Somatic imagery and **simple movements** to juice up your psoas for more frictionless, embodied movement

This offering is **accessible to all levels**, from curious beginners to experienced yoga practitioners. It may be especially valuable for **yoga teachers and movement facilitators** wanting to deepen their understanding of the **interplay between the psoas, pelvic alignment, and the core**.

Come as you are. Leave feeling more **spacious, connected, and juicy**.