

# The Deep Core

Exploring the pelvis, legs, gluteus and spine connections...



## AUDREY HARPE

**May 17, 2026 10am-4pm \$125**

The deep core is the PELVIS: our center for stability and the foundation supporting all of our movement. In this workshop, we will be developing awareness about the pelvis and all the surrounding structures including bones and soft tissue. We will learn how they affect the pelvis, how the pelvis affects them, and how the breath supports it all. We will learn to move with clarity and wisdom. This includes your daily functional movement, your yoga asana practice and any other movement practices or activities you engage in.

*All postures will be very accessible.*

*The workshop is open to all curious minds and bodies!*

### AUDREY HARPE

Audrey's passion and joy is to weave together 40 years of yoga practice, history and philosophy, Sanskrit language, somatics, experiential anatomy, kinesiology, and compassionate communication to create learning experiences supporting others on the path of awakening.



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