

Tauranga Yoga Centre

Presents a workshop by Zack & Miriam Matheson



Yin Yoga Flow: Tension and Compression

Date: March 24th

Time: 12:30 to 3:30

Cost: \$55

Through a yin flow you will discover the difference between Tension and Compression in your body. Students will investigate joint development and function by exploring the principles of tension and compression in theory and in a moving practice. The practice will include demonstrations of joint mobility using students as a point of comparison and contrast. The beginning of the session will include a short basic review of skeletal anatomy. We will then proceed to a yin style warm up, followed by a longer yin practice. We look forward to seeing you!

Yin Yoga is sometimes referred to as Taoist Yoga or Bone Yoga, Yin Yoga is an ancient tradition. Some practitioners believe Yin Yoga strengthens bones and connective tissues, others feel a sense of meditative calm or bodily restoration. Whatever your skill level, whatever your objective, this one day seminar will deepen your understanding of Yin Yoga.

Zach began his yoga journey doing fast 'hot' Yoga –then he attended training with Paul Grilley (author of 'The Anatomy for Yoga' DVD) and this changed his whole outlook on yoga. He understood the importance of slow, thoughtful movements and the most important lesson he learned was- that every 'body' is different.

Register by 23 March to ensure your spot :

Send email to Sue--- fureys@xtra.co.nz

Include your contact details: _Name, postal address, email; and phone number/s

Payment: *By cheque or cash on the day or by internet banking.*

To: Tauranga Yoga Centre: 38 9004 0616591 00 (Payment Code TYC –Wkshp)

And please advise of internet payment to fureys@xtra.co.nz

If you have any questions re workshop please email Zach on zachmatheson@gmail.com

Cancellations up until 23th March will be fully refunded

Disclaimer: All participants must understand that there are risks involved in participating in all physical activities and that when attending yoga events they must assume full responsible for their own safety and care. TYC Committee 2012. (In event of cancellation full refunds will be made)