

Yin Yoga Workshop at TYC

Saturday July 9th 2016

with Sue Furey



Compliment your yoga practice with a Yin workshop.

- Yin yoga is a quiet and simple practice, which encourages us to soften and explore the sensations of the stretch/tension over a sustained period (4 to 5 mins) using the breath. We learn to be in the pose rather than striving to achieve the pose.
- Yin yoga works deeply into our body. It targets the deepest tissues of the body, our connective tissues — ligaments, joints, bones, and the deep fascia networks of the body — rather than the muscles.
- Yin yoga teaches us about 'our unique' anatomy. Why does the pose feel different on this side? Why do I feel stuck? -this could be due to your bones rather than 'tight muscles or tendons'.
- This workshop is suitable for beginners to advanced yogis.

TIME: 2pm to 4.30pm

WHERE: Tauranga Yoga Centre -173 Elizabeth St West

COST: \$25

Any questions or inquiries please call Sue on 0223503891

Please register by emailing Sue at: fureys@kinect.co.nz . You can pay on the day or online to Acc. No 38 9004 0840024-00

