



# Yin Yoga Workshop

## Yin Yoga Workshop with Julie Brunton

With over 20 years of yoga practice, plus Yin training under Paul Grilly with teacher trainers Markus and Karin from Yin Therapy, Julie will lead you through an exploratory fluid practice. In Yin Yoga the focus is on passive stretching of connective tissues, increasing joint mobility, stimulating the meridians and deepening our practice. Suitable for all yoga students.

Saturday 22nd July 2017 1-3pm \$26

Bookings - E: [juliebrunton@gmail.com](mailto:juliebrunton@gmail.com) Ph: 022 321 1395

Payments - N: J M Brunton A. #: 38-9008-0891144-03

Tauranga Yoga Centre

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