



# First Yin Yoga workshop for 2018

## With Sue Furey

**Saturday 27 January**  
**Time: 1-3.30 pm**  
**Cost: \$35**

**Let's hydrate and stretch that 'Xmas fascia tissue' while we breath some calm into our minds in a quiet 'Yin' manner.**

**Yin assists us to sustain a deep stretch as we breathe to stimulate the parasympathetic system—which is our 'rest and digest' response.**

*Yoga is the ability to calm/direct/restrain the fluctuations of the consciousness/mind'. –(To create union or to yoke—Patanjali's Sutras)*



**To register please email [fureys@kinect.co.nz](mailto:fureys@kinect.co.nz):**

**Pre pay to account no: 38 9004 0840024 00**