

# Tauranga Yoga Centre

## Presents A Yin approach to Yoga asana

With tutor

**Sue Furey**

**Date: 10 October 2015**

**Time: 11. 00am to 1.30pm**

**Investment: \$25**

- To compliment your personal asana practice, this workshop will explore some yoga poses performed in a 'Yin way'.
- Yin poses apply moderate stress to the connective tissues—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility.
- Yin can be a very meditative approach to asana and aims to cultivate a deep awareness of the body/mind in each pose and it requires a patient approach!

### **To Register :**

(you can pay on the day but registration will secure your spot)

**Send email to Sue---** [info@taurangayoga.org.nz](mailto:info@taurangayoga.org.nz)

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

**Payment :** *By Online internet banking* To: Tauranga Yoga Centre, 38 9004 0616591 00 ( Payment Code yin –Wkshp)

And advise of internet payment to [info@taurangayoga.org.nz](mailto:info@taurangayoga.org.nz)

