

YIN YOGA WORKSHOP

With Di Johnston

Saturday 30th July 2016, 1–4pm

@ Tauranga Yoga Centre

173 Elizabeth Street West

Tauranga

Be Still, Be Calm, Be Present



Whether you're an expert or a beginner, Yin Yoga is an invitation to soften our physical resistance and learn tools to relax into ourselves. By blending Zen, TCM Meridians and 5 Element Shiatsu theory into our yin sessions, we create an amazing tool for learning mindfulness. Find out for yourself why Yin Yoga is turning up in huge numbers of classes around the world, and how this is a direct response to the very active or Yang nature of most forms currently taught in the West.

Come along for a day of gently nourishing our bodies specifically geared towards winter wellness.

Spaces are limited and preference is given to those who pre-book. To register your spot contact Di on 027 421 3454, email neal.storepro@xtra.co.nz or Facebook me at <https://www.facebook.com/yogaandconz/>

Cost: \$25 (to Internet bank: 03-0318-0544454-00)