

# Let's Go with-YIN again

With



**Sue Furey**

**When: 3 September 2016**

**Time: 1.00pm to 4.00pm**

**Investment: \$25**

**In this Spring workshop we will continue exploring some Yin (female/ cool) asana – with the intention of working into the joints and the deep tissues wrapping them, not the more superficial tissues of the muscles or skin.**

- **In this practise we will stimulate digestive and detoxification functions-to assist us to ‘Spring clean’.**
- **We will move from static yin asana into some standing asana to allow us to experience the affect of stretching the connective tissue in some yang (warm male) asana which will require more stamina and strength.**
- **This exploration will assist you in deepening your understanding of yoga asana and thus making it safer, achievable and more enjoyable.**

**To Register, please email Sue : (you can pay on the day but registration will secure your spot)  
Send email to Sue--- fureys@kinect.co.nz Any queries please call 0211719351**

**Disclaimer: All participants must understand that there are risks involved in participating in all physical activities an that when attending yoga events they must assume full responsible for their own safety and care.**