

TWO Summer YIN Workshops

With Sue Furey

**When: Saturday 29 October &
Saturday 5 November**

Time: 1-3.30pm

Cost: \$25

**Summer's coming-lets get the joints mobile and the
breath flowing.**

**Yin yoga will assist you to open up and breathe well
It will assist you to deepen into some of the areas in
the body that feel consistently 'tight and stuck'.**

**These workshops will focus on opening up the upper
back and the hips.**

To reserve your spot please email

Sue on

fureys@kinect.co.nz