

# Yin Yoga Workshop with Sue Furey

17<sup>th</sup> June 2017

1.00pm to 3.30pm

Yin Yoga works to deepen your range of motion, specifically targeting the connective tissues (fasciae). Deeper access to the ligaments, bones and joints in turn stimulate the energetic flow of the subtle body.

This practice will include passive poses with a focus on hips, pelvis and lower spine, and are supported by the earth with the use of props and postural variations.



*Fasciae are similar to ligaments and tendons as they have collagen as their major component. They differ in their location and function: ligaments join one bone to another bone, tendons join muscle & fasciae surround muscles or other structures.*

**Cost: \$30 per workshop** (either pay on the day or pre pay to: 38-9004-0840024-00 ),

To reserve your spot please email Sue on [fureys@kinect.co.nz](mailto:fureys@kinect.co.nz) or call 0223503891