



# Last Yin Yoga workshop for 2017

## With Sue Furey

**Saturday 2<sup>nd</sup> December**  
**Time: 1-3.30 pm**  
**Cost: \$35**

Let's play a little & explore some poses in a quiet  
'Yin' manner.

Yin assists us to sustain a deep stretch into the fascia tissue and to breathe well. This stimulates the parasympathetic system—which is our 'rest and digest' response.

"To a yogi, the body is a laboratory for life, a field of experimentation & perpetual research."

—B.K.S. Iyengar, *Light on Life*



To register please email [fureys@kinect.co.nz](mailto:fureys@kinect.co.nz):  
Pre pay to account no: 38 9004 0840024 00