

# **Yin Yoga Workshop**

**With Sue Furey**

**Saturday May 12th**

**Time: 1-3.30 pm**

**Cost: \$35**

**Feeling tired or struggling to quiet that racing mind? Feeling stuck in some parts of your body?**

**Yin yoga can assist to:**

- Breathe correctly and enjoy some stillness**
- Reduce stress and anxiety**
- Increase circulation**
- Improve flexibility**
- Release fascia**
- Increases your self awareness about body/mind interactions**

**✚ To register please email [fureys@kinect.co.nz](mailto:fureys@kinect.co.nz): or call 0223503891**  
**✚ Pay online to acc: 38 9004 0840024 00**



**“Yoga is the practice of quieting the mind.” – Patanjali**