



December 15th

Last Yin workshop for 2018 --1-3.30pm

Cost \$35

Breathe & Stretch; Relax & Restore

- **Increase circulation**
- **Improve flexibility**
- **Releases fascia (connective tissue)**
- **Increases your 'self' awareness about body and mind interactions**
- **A yin practice affords you the time to really explore and feel the asana and their effect on the mind, body and breathe.**
- **We will also explore some deep restorative poses**

To register please email: fureys@kinect.co.nz:

Pre pay to account no: 38-9004-0840024-00

“Yoga is a light, which once lit, will never dim. The better your practice, the brighter the flame.” B.K.S. Iyengar”

