

TYC SINKING DEEPER IN YIN-YANG WORKSHOP

Soothing the body and refreshing the soul - A Yogi Coach exclusive



OVERVIEW

Take time NOW to re-align, be still and breathe - experience the difference

This 2-hour intensive class will teach Yin-Yang poses in a slightly heated environment (around 75-80 degrees). Yin-Yan poses are held much longer than traditional Yoga poses, and students will immediately feel the difference. The class will be divided into 3 segments followed by self-reflection and group Q&A. The instructor will assist each student into the poses and offer modifications when needed.

This class is especially beneficial to those:

- Seeking to deepen one's yoga practice
- Wanting to learn new stretching techniques in a safe manner
- Looking to improve one's range of motion
- Wishing to compliment **any** sports activities such as golf, biking, running, hiking or weekend warrior activities
- Learn to relax

Workshop is designed for everyone, there are no pre-requisites - just the will to learn. There is something for everybody whether you are new to yoga or are an experienced yogi. The workshop offers the perfect opportunity to experience deeper stretching in a safe and proper manner.

BENEFITS

Maintaining healthy connective tissues prevents injuries and increases flexibility. *What kind of funny movements are those professional athletes doing before a game? What you don't see is what they do after the games, sitting in ice tubs or laying on the trainer table getting a massage and in most cases, being assisted in deep stretching.* This workshop teaches deeper stretching techniques that will improve your overall well-being.

Some of the techniques taught in the workshop have been adopted universally by the sports medicine community. The funny thing, they are fundamental to Yoga and have been existence for hundreds of years.

SOME BENEFITS OF THE WORKSHOP:

Prevent injuries	Obtain peace and tranquility
Improve flexibility	Feel more energized
Help prevents lower back discomfort	Experience moments of stillness with the breath
Reduce soreness from working out	Learn to relax

WHAT TO EXPECT:

Come to class wearing comfortable loose-fitting clothing and your yoga mat. If you do not have a yoga mat contact the studio before the workshop and arrangements will be made.

Students will be guided and assisted in every pose. The purpose of the workshop is to learn what is right for you in a safe manner. Leaning stillness in a pose will be most challenging for most and yoga breathing techniques will be incorporated. It will be also common to experience restlessness and feeling awkward. These are common feelings. The purpose of the workshop is to learn and explore new techniques maintaining an open and uncluttered mind.

With all techniques there will be fundamentals. The workshop will focus on the fundamentals such that each student will leave with enough tools in the toolbox to practice on their own.

Workshop will be divided into 3 segments, with each segment around 30 minutes and then 10-15 minutes of reflection and group Q&A. Students will have the opportunity to make yoga journal entries.

- Three 30-minute Yin-Ying sessions (approximately 4-5 poses per session) each followed by reflection and group Q&A
- Maintaining a journal

PRE-REQUISITIES:

None.

REGISTRATION and COST:

Cost is \$35.99

Payment is due when you register – Class size is limited and when class is full the workshop registration will be closed.

There is a link on the web site to sign up for workshop.