

Yin Yoga for The Spine



with
**Registered
Yoga Teacher
Geeta Vallecha**



**No
experience
required!**

In this 108 minute workshop, participants will experience a variety of poses that focus on extending/opening the thoracic spine, releasing tight shoulders, reducing pressure on the lower spine and surrounding joints, all while cultivating stillness and becoming grounded.

Yin poses are all about passive, long holds that go beyond the muscles to lengthen and strengthen the connective tissues of the body. It is also great for increasing mobility, circulation, and regulating energy flow throughout the body. Many of these poses target energy channels and meridians in a way that is similar to acupuncture.

This carefully designed practice will offer you much needed moments to meditate and breath so you can initiate conditions to experience inner peace.

Some benefits of Yin Yoga:

- Balances internal organs
- Increases joint mobility
- Releases fascia
- Lowers stress.

Membership & Yoga experience ARE NOT required!

Friday, Mar. 29 '19

6:30 - 8:18 pm

108 minutes

The significance of the numbers "108" is open to interpretation but has long been considered a sacred number in yoga ... as a number of the wholeness of existence. This number also connects the Sun, Moon, and Earth.

Min. 8, Limited to 17 ~ pre-registration required.

Blocks, bolsters, blankets & belts will be provided but eye pillows will not. ALL are available for sale here.

YANG'S

FITNESS & WELLNESS

5 Dundee Park ~ Andover, MA 01810 ~ 978.475.2020

www.YangsFitness.com

Register 7-days in advance for Early Bird Savings!



Name: _____ Phone: (____) _____
Email: _____ D.O.B. ____/____/____

New & non-current members, please complete below:

Address: _____ City: _____ State: _____ Zip: _____

Are there any health/medical concerns we should be aware of? _____

How did you find out about this workshop? _____

REFUND POLICY:
NON-REFUNDABLE
7 days prior to workshop
ANY REFUNDS ARE
SUBJECT TO A 10%
PROCESSING FEE.

Full Body Release	Active Yang's Member	Non-Member
Early Bird by 3/22	<input type="checkbox"/> \$ 20	<input type="checkbox"/> \$ 25
After 3/22	<input type="checkbox"/> \$ 30	<input type="checkbox"/> \$ 35

I, the undersigned, wish to participate in the exercise and training programs offered by Bodies In Motion, Inc. d/b/a Yang's Fitness Center (Yang's). I understand that there are inherent risks in participating in a program of strenuous exercise, up to and including death. I understand that part of the risk involved in understanding any activity program is relative to my own state of health (physical, mental, emotional) and to the awareness, care, and skill with which I conduct myself in the activity or program. I understand that my choice to participate in any of these programs brings with it my assumption of those risks and results stemming from this choice.

I agree that Yang's shall not be responsible for any injuries to me resulting from my participation in the program. I expressly release and discharge Yang's, its owners, employees, agents, and/or assigns from all claims, actions, judgments, and the like which I or my heirs, executors, administrators, or assigns may have in connection with my participation in the program. The only exception would be an injury caused by the gross negligence or intentional act of such person or persons. This release shall be binding upon my heirs, executors, administrators, and assigns. I have read this release and I understand all of its terms. I sign it voluntarily and with full knowledge of its significance.

Friday, Mar. 29, 2019

Participant Signature (Parent/Guardian if under 18)

Date

Date rec'd ____/____/____ \$ ____ via ____ taken by ____