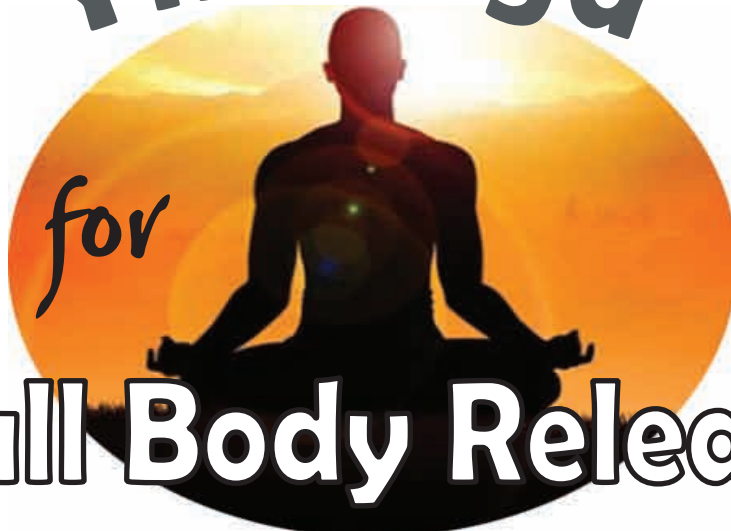


Yin Yoga

**New
May
Session!**



with Geeta Vallecha, RYT

for Full Body Release

Some benefits of Yin Yoga:

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

This class is a great way to create space in the body to decompress after the winter season. Yin yoga is excellent for reducing stress and providing restoration for the body as well as the mind. 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 as many of these poses target energy channels and meridians in a way that is similar to acupuncture. This carefully designed practice will offer you the much needed moments to meditate and breath so you can initiate conditions that will guide you into a peaceful and centered start to Spring.

Membership & Yoga experience ARE NOT required!

Friday, May 18 '18

6:00 - 7:48 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

Pre-register and save your spot. Limit 17



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.

	Active Yang's Member	Non-Member
Full Body Release	<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, it's 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, May 18, 2018

Participant Signature (Parent/Guardian if under 18) _____

Date _____

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