

# 108\* minutes of Yin & Restorative Yoga for Hips

**No Experience Required**



with Geeta Vallecha, RYT

**This workshop** is designed to open and stabilize hips, pelvis and lower spine for better balance and will be followed by a loving and nourishing restorative yoga sequence to bring back the balance to the nervous system.

Yin Yoga advocates stretching connective tissue (the fascia, tendons and ligaments) using long holds and reasonable traction. Connective tissues are different from muscles and need to be exercised differently.

Restorative Yoga is simple, supported poses combined with breathing exercises work to help heal the chronic stress.

Overall a very simple and effective sequence, combined with breath work, will be offered to recreate the space, physically and emotionally, within the joints where most tension is stored. This workshop is appropriate for beginners as well as the well-seasoned Yogi.

## Some benefits of Yin Yoga:

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

★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.

**Membership & Yoga experience ARE NOT required!**

**Sunday, Oct. 29 '17**

**2:00 - 3:48 PM**

~ and/or ~

**Friday, Nov. 17 '17**

**6:30 - 8:18 pm**

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](http://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.

Yoga for Hips	Active Yang's Member	Non-Member
Early Bird 7 days in advance	<input type="checkbox"/> \$ 20	<input type="checkbox"/> \$ 25
Regular	<input type="checkbox"/> \$ 30	<input type="checkbox"/> \$ 35

**Sunday, Oct. 29**  
 **Friday, Nov. 17**

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.

Participant Signature (Parent/Guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_  
 Date rec'd \_\_\_\_/\_\_\_\_/\_\_\_\_ \$ \_\_\_\_\_ via \_\_\_\_\_ taken by \_\_\_\_\_