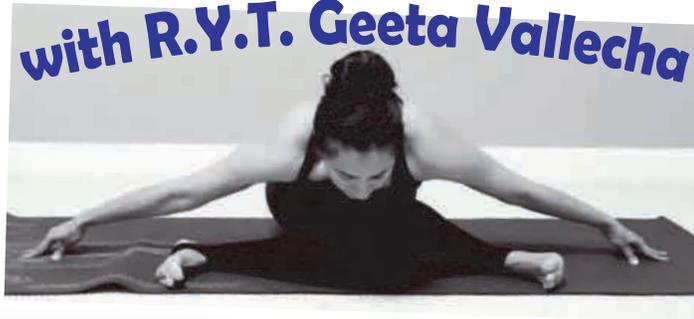


108 min.* Yin Yoga Workshop

... to prepare your body for the Fall season!

No Experience Required

with **R.Y.T. Geeta Vallecha**



This Yin Yoga practice is a wonderful way to help restore your sense of balance after a long summer.

This practice will target shoulders, arms, neck and the lower back. The sequence is designed to ensure that sufficient heat is drawn inward and downward, preventing imbalances in the lungs and the large intestine area that tends to weaken in the Fall as per Traditional Chinese Medicine.

As a bonus, the five elements that are fundamental to the cycles of nature and are reflected in the cycles of our bodies will be covered.

Modifications for those less flexible/beginners and guidance to go deeper for the more flexible/advanced students will be offered.

In addition to calming the restless and anxious energy of Fall, the longer posture holds during this class will help prepare your mind, body, and spirit to move into the dormant period with clarity.

Some benefits of Yin Yoga:

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

Friday, Sept. 22, '17

6:30 - 8:18 PM

Limited to 17 ~ pre-registration required.
Non-members are welcome!

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

★ *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.*

www.YangsFitness.com

YANG'S
FITNESS & WELLNESS

Tel: 978.475.2020

Pre-register to save your spot!



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
Friday, Sept. 22, 2017	<input type="checkbox"/> \$ 30	<input type="checkbox"/> \$ 35

Limited to 17
Pre-registration required.

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 ____