

Yin Yoga to



**Special
January
Workshop**

Some benefits of Yin Yoga:

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



with **Geeta Vallecha, RYT**

The holidays will be behind us and now it's time to reset the whole body with Yin Yoga. This workshop will place special focus on twisting poses. Twisting poses are both energizing and neutralizing which is perfect to recover from the holiday stress. Experience is NOT required.

YANG'S

FITNESS & WELLNESS

5 Dundee Park ~ Andover, MA 01810 ~ 978.475.2020

www.YangsFitness.com

Membership & Yoga experience ARE NOT required!

Friday, Jan. 11 '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.

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.

Reset the Body	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

Friday, Jan. 11, 2019

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 _____