

Yoga in Mind Presents:
Yin Yoga:
The Fundamentals of Theory and
Practice

Saturday February 20th 2010 12-5pm

Location:

Burnside Gorge Community Centre
471 Cecelia Road, Victoria, BC
250.388.5251

Instructors:

Michael Taylor RYT & Jaime Taylor BA, RYT,
Students of both Paul Grilley & Taoist Master Paulie Zink

Yin Yoga, as developed by Paul Grilley based on his studies with Master Paulie Zink (credited with creating Yin Yoga) & Dr. Hiroshi Motoyama, is a unique style of yoga practice that brings a focus to the connective tissues of the body in order to energetically & functionally open restrictions in these tissues. Using a collection of physical postures held mindfully for longer periods of time, the less elastic tissues of the body become more supple and the energetic channels open

This workshop will explore through practice of the postures, visual material (provided by Paul Grilley for teaching purposes), & discussion:

- An introduction to the Yin Yoga practice & it's benefits
- A repertoire of Yin postures & approaches to these postures useful for all levels of ability
- Analysis of the anatomy & restrictions in the body that one might encounter while practicing yoga
- A demystification of some of the common beliefs students have about yoga, yoga alignment & physiology
- What "tension", "compression" & "fuzz" are, what we can do about them & why we need to
- A complete Yin yoga practice (please wear comfortable clothing you can move in)

Call Burnside Gorge Community Centre to register: 250.388.5251