



Yin, Restorative & Thai Yoga = BLISS!

Sunday, May 7th 2:30 to 4:00 pm

Sandy LeBlanc + assistants

Looking for careful, deep stretches for the physical body, which can translate to releasing tension in the mental and emotional bodies too? This workshop is for you!

Yin Yoga moves you carefully, safely into traditional Hatha postures using support for the joints, holding for time. This signals your nervous system, digestive system, and hormonal system (esp. adrenals) to calm down and move toward homeostasis.

Restorative Yoga is also a quiet, slow practice moving into full support with great ease, using many props.

In this workshop, we pair Yin and Restorative with **Thai Yoga** to stimulate fascia & meridians. These assists are offered gently or deeply, depending on your preference.

This unique combination will ensure that all physical, mental & emotional tension has melted away = BLISS!

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|----------|-----------|
| 1. _____ | 9. _____ |
| 2. _____ | 10. _____ |
| 3. _____ | 11. _____ |
| 4. _____ | 12. _____ |
| 5. _____ | 13. _____ |
| 6. _____ | 14. _____ |
| 7. _____ | 15. _____ |
| 8. _____ | 16. _____ |

Cost: \$35 + hst per person, or two or more for \$30 each + hst.

fit Journey 
YOGA & HEALTH