The essence of

YIN YOGA practice

- Yielding
- Stillness
- Receptivity

"be as still as a mountain
yet flowing like a mighty river"

Yin practice is on the floor
either sitting or lying.
You are invited to relax
muscles ... let go of "doing"
and allow yourself to just "be"
Specific stretches are held
for a longer length of time
giving the connective tissue
and joints the time needed to
stretch, open, and rejuvenate.
This also stimulates and increases
"chi" or "prana" through the
major meridian pathways
to the internal organs

The practice of stillness
opens our capacity to be present and
receptive to whatever arises in us
physically, emotionally, mentally
whilst being mindful of the automatic
urges to avoid, get rid of, or hold on to.
Rather than placing our attention on
the transient reality of thought we let
the stillness move us inward to the
calm creative flow of our true self
aligned with love and compassion

In Yin style practice
we address pairs of meridians

- Kidney / Urinary bladder
- Liver / Gallbladder
- Spleen / Stomach
- Lungs / Large Intestine
- Heart / Small Intestine

2018 SCHEDULE
Once-a-month
YIN YOGA IMMERSION
the 2nd SATURDAY of the month
(unless otherwise noted in blue)
10 -11:30 am
$ 20 / session

13 JAN	14 JULY
10 FEB	11 AUG
10 MAR	8 SEPT
14 APR	13 OCT
12 MAY	10 NOV
9 JUNE	8 DEC

Dates can be subject to changes
Please check before the day
For confirmation e-mail
aesha108@yahoo.com
or
Aesha 0420 928 991