

Yin Yoga...the Art of Slowing Down



with Sally Miller

Sunday, October 15, 2017...1:00-3:00pm

\$35 if paid by Oct. 14th, \$40 day of workshop

Yin Yoga is a powerful compliment to our flowing Vinyasa practice. Through passive postures held close to the ground, Yin Yoga energizes and harmonizes the flow of prana through the fascia. In practical terms, this corresponds to an increase in range of motion and flexibility. In a more subtle way, it teaches us how to slow down and truly feel our body, even when it's uncomfortable. These benefits translate into a more compassionate attitude toward ourselves and others, and builds our capacity for seated meditation. Yin Yoga is similar to Restorative Yoga but challenges our deeper connective tissues to release tension and return to a more pliable, fluid state. Yin Yoga also works along the organ meridian lines to increase immunity, reduce stress and improve digestion. Don't miss this opportunity to give your muscles a break, and explore your yin side. Workshop is open to all levels.



Sally Miller E-RYT 500, is an international yin yoga and meditation teacher with extensive training in ayurvedic self care practices. Sally trained with Sarah Powers, one of the founders of Yin Yoga, in 2008 and started her 10 year journey of learning how to cultivate yin energy on a daily basis. Her students find their time with her transformational. www.sallymilleryoga.com.



Enroll today!

Sign up at the front desk or online on our "Workshops" page at sundogyogastudio.com

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