

The Yin and Yang of Yoga

With Asha Wolf, DPT, CMA

Friday, January 12th ॐ Saturday, January 13th

Cost \$50/day or \$90/both ॐ Space is limited - sign up early!

Yoga As Rehabilitation

Friday 6:00pm-8:30pm

We will explore alignment and the importance of "how we do what we do" in order to better understand the therapy of yoga for our physical issues and challenges. This class will be tailored to the needs of the participants and specific concerns will be addressed through a basic asana practice. Appropriate for all levels.

Yin Release

Saturday 10:00am – 11:00am

This is a passive yin yoga class to find release in our connective tissues, creating space and integrity in our joints while removing deep blockages to internal energy flows. Appropriate for all levels.

Yang Awakening

Saturday 11:00am - 1:00pm

This is an invigorating yang yoga class that will awaken our pelvic floor and enliven our core, guiding us to access our center as an amazing resource for strength and empowerment. Appropriate for all levels.

Moon Haven Studio

7819 Nashville Street ॐ Ringgold, GA ॐ (706) 965-6650



Asha holds a Doctorate in Physical Therapy and is a Certified Movement Analyst through the Laban/Bartenieff Institute of Movement Studies. Since receiving her advanced yoga teacher's training certification at the Integral Yoga Institute in New York City in 1992, Asha has been leading yoga classes and workshops regularly, incorporating a variety of yoga styles and techniques. Asha's teaching is grounded through her long time apprenticeship with Dr. Ranjani Cobo, who blends Iyengar and Ashtanga yoga traditions with Zen practices and Native American spirituality. Asha currently holds a private practice in physical rehab using yoga as the primary modality of treatment. Asha brings to her teaching over 20 years of exploration

of the body through yoga, dance, movement, anatomy/physiology and a variety of therapeutic body-mind modalities.

Asha will be available for a limited number of private consultations. She specializes in helping individuals with chronic pain, particularly in the back, neck, shoulders and hips. Contact Asha directly at (303)652-0463 to schedule your appointment.