

# Yummy Yin Yoga

With Asha Wolf, DPT

Sunday, April 22<sup>nd</sup>

2-5pm

Cost: \$40

*Yin Yoga encourages release in our connective tissues, creating space and integrity in our joints while removing deep blockages to internal energy flows. Yin Yoga targets our connective tissues, particularly the fascia of the hips, pelvis and lower spine. It is the perfect complement to the dynamic (yang) styles of yoga that emphasize the lengthening and contracting of our muscles. This is a great workshop for those with joint issues and injuries, or for anyone wanting to increase flexibility and deepen their practice through a challenging passive form of yoga. **Appropriate for all levels.***

After experiencing this Yin Yoga workshop, you will realize that you have been only doing half of your asana practice!



Asha holds a Doctorate in Physical Therapy and currently has a private practice in physical rehab using yoga as the primary modality of treatment. Since receiving her advanced yoga teacher's training certification in 1992, Asha has been leading yoga classes and workshops regularly, incorporating a variety of yoga styles and techniques. 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.