

Quiet Power Strong Ease

The Yin and Yang of Yoga

**Thursday, Sept. 18th,
6:00-8:30pm**

In the first part of this class we will focus on the yin yoga style to find release in our connective tissues, creating space and integrity in our joints and our hearts while removing deep blockages to internal energy flows.

The second part of the workshop will take us into a yang yoga class that will awaken our central channel of energy and enliven our core, guiding us to access our center as an endless resource for strength and empowerment.

Appropriate for all levels.

There is an amazing internal power that can be accessed when we become quiet.



Facilitated by Asha Wolf, DPT, CMA who holds a Doctorate in Physical Therapy and is a Certified Movement Analyst through the Laban/Bartenieff Institute of Movement Studies. A certified yoga instructor since 1992, Asha leads a variety of yoga workshops and teaches at Richard Freeman's The Yoga Workshop in Boulder, CO. Asha is the director of Wolf Physical Rehab, specializing in aiding patients with chronic pain issues and injury rehabilitation using yoga as the primary modality of treatment.

Our physical strength can evolve out of a place of ease.



www.clearspringyoga.com

17 North Market Street, Chattanooga, TN 37405
across the street from the North Chatt. Walgreens

The Yin & Yang of Yoga Registration. Please register and pay by September 10, 2008.

Name: _____ Phone: _____ e-mail: _____

Address: _____ City: _____ Zip: _____

Payment Method : Cash ☐ Check ☐ Credit Card ☐ If credit card, please pay at the studio or provide info:

Number _____ Expiration Date _____

COST: \$45. Refund policy: If ClearSpring cancels the workshop - 100% refund. If you can't make it after you have already paid AND YOU LET US KNOW three days prior to the workshop start date you can a) apply the payment to a future workshop, or b) receive a refund minus \$10. No refunds for No-shows.

Submit completed form along with payment to: ClearSpring Yoga Studio, 17 N. Market Street, PO Box 4466, Chattanooga, TN 37405.