

Moon Haven Studio presents

YIN YOGA with ASHA WOLF

Friday, January 11, 2008

6:30pm - 8:30pm; cost \$35

If you have ever sat for a long time with legs crossed, you know the hips and lower back need to be strong and open. The sensations you felt were deep in the connective tissues and the joints. These are the deep yin tissues of the body, relative to the more superficial yang tissues of muscles and skin. Yin Yoga opens up these deep, dense, rarely touched areas.

Years of a dedicated asana practice will make anyone healthier, stronger, and more flexible, but at some point the muscles will have reached their limit of flexibility. New depths in postures, deeper ranges of motion, or an increased flow of energy may only be achievable by focusing on the deeper tissues of the body. This is why so many students are finding Yin Yoga to be the perfect compliment and balance to their more active, yang practices.

ANATOMY AND ALIGNMENT: Feet and Core with ASHA WOLF

Saturday, January 12, 2008

10:00am - 12:30pm; cost \$40

Join Asha Wolf as she brings together asanas, anatomy, physiology, and a better understanding of what each person needs to do to help his/her on their journey of movement and feeling good. Hand outs will be given.

"Asha's wisdom, experience, and true understanding of the body enables her to give the student more than could ever have been imagined."

Please join us!

Directions: From I-75 take the Ringgold/LaFayette Exit #348 and head North onto Highway 151 (turn right from I-75 north, left from I-75 south). Go 1 mile to highway 41 and turn right. Go through 3 more lights into downtown Ringgold. Turn right and go to the Cleburne building which has a purple JAZ sign. Park in the large Shop-Rite / Fred's parking lot near the road. Moon Haven Studio is on the second floor of the Cleburne building, above the bike shop. Enter in from the doors to the right of the bike shop and go up the stairs to the first space.