

# YUMMY Yin Yoga

## Special Workshop

Sunday, February 6th | 2:00-5:00pm | \$40

Call 303.652.0463 to Register



With Asha Wolf, DPT

Yin Yoga is a safe, therapeutic and mindful practice for those with joint injuries or chronic pain, and for anyone wanting to increase flexibility. This meditative asana practice encourages release in our connective tissues, particularly the fascia of the hips, pelvis and spine. Yin Yoga opens up the deep, dense and rarely touched areas of our joints removing blockages to internal energy flows. It is the perfect complement to the dynamic (yang) styles of yoga.

**Appropriate for all levels.**

Asha holds a Doctorate in Physical Therapy and is a Certified Movement Analyst. She brings to her yoga teaching over 20 years of exploration of our internal landscapes through anatomy, physiology, movement, and a variety of body-mind modalities. Her teaching style is direct, clear and accessible with a nurturing hands-on approach.

Asha leads workshops throughout the country, and has a private physical rehab practice in which she uses yoga as the primary modality of treatment.

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