

YIN YOGA PRIMER

With Richard Gartner, RYT

Yin Yoga is revolutionary in its quiet stillness. As opposed to most styles of yoga, which deal with muscle flexibility and activity, a Yin style focuses on stimulating the "chi" in passive connective tissues like ligaments and bones. In particular, **a Yin yoga practice reverses the effects of aging on the shoulders, spine and hips.**

Richard will guide you through a quiet Yin practice. The workshop will conclude with breathing practices to assist in harvesting our awareness.



Richard Gartner, RYT,

Continuing the movement of independent thinking about yoga, inspired by teachers like Tias Little, Max Strom and Paul Grilley, who introduced him to the Yin Yoga philosophy. His teaching is grounded in self-study and introspection, and combines traditional asana practice and breath work with contemporary anatomy and bodywork.

When: 3rd Sunday of every month
February 17, 2008
March 16, 2008
April 20, 2008
May 18, 2008

Time: 6-8:00 p.m.

Where: iYoga, Inc.
501-B Blackburn Road
Sewickley, PA 15143

Cost: \$20 in advance
\$25 at the door

Please complete form along w/ payment and mail to: 501-B Blackburn Rd. Sewickley, PA 15143
Checks payable to: IYOGA INC. Contact Kim: 412.741.5212 or info@iyogainc.com

Name: _____ **Phone:** _____

Amount Enclosed: \$ _____ **Check:** _____ **Cash:** _____

Workshop: *YIN YOGA w/ Richard Garter*
\$20 in advance
\$25 at the door

Sorry No Refunds!