



W O R K S H O P
YIN YOGA-FINDING YOUR
RADIANT CONNECTION
FEATURING: JILL HARMAN, CYT, RYT, CTMT

Saturday, January 16, 2010, 1-3pm
\$40 per person, Downtown

Kachmann Mind Body Institute
Downtown Fort Wayne
1301 Lafayette St., Ste 205, IN 46802
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KachmannMindBody.com

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In a predominately Yang (active) world Yin Yoga seeks to set aside the external and look deeply at our conditioned tendencies by way of the fascia and connective tissue. Through long held non-active (muscular) holding of our postures in Yin Yoga we are able to release armor-ing or tension due to our relationships to self, others and furniture!

In this workshop we will be exploring Yin Yoga in a way that develops your own personal practice in this style of yoga. While developing our personal practice in this workshop we will also be exploring the radiant thread of the breath that connects us to each moment. This quiet yet powerful practice is easily modified to meet any and all levels of ability.

While Jill honors her Yin teachers for passing on this amazing practice, it has been her work in the studio with all body types and her time on my mat that awakened Jill's deep passion for this practice. We take the shape, explore our own points of compression and adapt our practice accordingly...Yin is an amazing way of beginning a yoga practice from any starting point. "It is my desire in this workshop to gently ease anyone wishing to begin yoga... lovingly into the practice." -Jill Harmon.

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