

Monthly Asana Workshop - November 2009

RESTORATIVE AND YIN

*"A poor life this, if full of care,
we have no time to stand and
stare." W.H. Davies*

Special Session: From healing the body, to recovering from fatigue, to opening your muscles to new levels of flexibility, restorative and yin yoga has the most remarkable effect on the body and mind.

We will discover poses which are therapeutic for a number of common ailments and injuries whilst opening and relaxing the mind and body. We will also discuss how the body responds to movement, stretching and the role of Fascia tissue in flexibility.

Come along and, with Kate, retreat completely from the world and discover true rejuvenation! You will never look at stretches in the same way again. Suitable for all levels of experience and fitness, excellent for non-bendies, anyone with injuries, ailments or those seeking a bit of R&R.

Venue: Laguna Park
Cost: \$25 (or a stamp and \$8)
Time: 10am to 12pm
Date: 22nd of November

(Note: 4th Sunday of month,
not last Sunday as usual)

Limited to
12 students

 *Kate Porter Yoga*
YOGA FOR NORMAL PEOPLE






- Yoga is an healing art.



- Nothing can bring you peace but yourself.

**Coming
up in the December
Workshop**

Pranayama & Meditation

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