



Wind in the Willows
ACUPUNCTURE

YIN YOGA AND ACUPUNCTURE

A workshop inspired by the Spring

Presented by

Michelle Wheeler, L.Ac & LouAnn McBride, RYT

SATURDAY, APRIL 9TH 3-5PM

\$30

REGISTRATION REQUIRED

SPACE IS LIMITED TO 15 STUDENTS

Yin Yoga has its roots in Chinese Medicine. It encourages the flow of qi (energy), primarily in the six meridians of the body that pass through the hips. In this workshop, expect long, deep meditative postures that target the liver and gall bladder meridians (*the meridians associated with Spring*). After the yin practice we will settle into savasana where acupuncture will be applied along the meridians to specific points to clear stagnations and rejuvenate the circulation of qi. Each acupuncture point is like a door and the needle acts as a key that opens that door. Pools of stagnant qi are freed to flow with ease, creating a sense of peace and calm as well as improved circulation and thus improved detoxification abilities resumed). Through these ancient healing practices we will purify and lighten our minds, bodies and spirit as we welcome the Spring.

Some yoga experience is preferred.

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