

Yoga For The Fall Meridians



Friday, October 13

7:30PM-9:00PM

\$25 per person (\$30 door)

Join Kim Turner for a Yoga for the Meridians workshop to support the energetic and physical balance that is essential for vibrant health. Learn about subtle shifts that you can make in your Yoga practice to provide season-specific support this Fall.

This 90 minute workshop puts a Traditional Chinese Medicine (TCM) lens on the Yoga practice. TCM aims to maintain and/or restore balance in the body; harmony between yin/yang and sees the free flow of energy through the meridians as a source of our vitality.

What To Expect:

- Brief introduction to Traditional Chinese Medicine concepts to provide context for our practice including Yin & Yang Theory, The Five Elements, Meridians For Fall
- A Yoga practice focusing on the meridians of Fall that incorporates Yin and Yang asana: supportive Yin restorative postures and Yang standing postures
- Acupressure: introduction to key points on associated meridians
- Pranayama breath work

Learn how to utilize your Yoga practice to help you make the shift from the carefree vibe of Summer into the more structured routines of Fall – letting go of what no longer serves you and opening up to what's new and next!

Pre-register: <https://www.updogyoga.com/workshops/rochester-workshops>

Kim Turner is an RYT500 Yoga instructor and certified Yoga Medicine® Therapeutic Specialist



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