

# Yoga For The Winter Meridians



**Friday, January 31**

**7:30PM-9:00PM**

**\$30 per person (\$35 door)**

Join Kim Turner for a Yoga for the Meridians workshop to learn about the source of our longevity and vibrant health. Experience the power of introspective practices for energy and endurance this Winter.

This 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: A brief introduction to Traditional Chinese Medicine concepts to provide context for our practice

- Yin & Yang Theory
- The Five Elements
- Meridians and Key Acupressure Points associated with Winter
- A Yoga practice focusing on the Winter Meridians that incorporates breath, flow, Restorative/Yin, Acupressure and Meditation

**Learn how to utilize your Yoga practice to recharge this Winter and prepare for the growth of Spring!**

**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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