

# Yoga For The Spring Meridians



**Friday, March 27**

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

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

Join Kim Turner for a Yoga for the Meridians workshop to learn about a source of power that manifests in the Spring. Envision your growth and development in this season of new beginnings and harness the determination to pursue your potential.

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 Spring
- A Yoga practice focusing on the Spring Meridians that incorporates breath, flow, Yin, Acupressure and Meditation

***Learn how to utilize your Yoga practice to rejuvenate this Spring and grasp the new energy that surrounds you!***

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

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



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