

Yoga For The Summer Meridians



Friday, June 14

7:30PM-9:00PM

\$25 per person (\$30 door)

Join Kim Turner for a Yoga for the Meridians workshop to learn about finding your joy in this summer season. Nurture a calm heart in this season of play to open to deeper connections with those around you.

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

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

Come Enjoy A Heart-Warming Practice To Lift Up Your Spirit!

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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