

# Yin with Props for Myofascial Release

Target Key Areas For Deep Tissue Release!



**Friday, December 15**

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

**\$25 per person (\$30 door)**

This 90 minute Yin Yoga practice is accompanied by self-massage techniques through the use of strategically placed props known as Myofascial Release (MFR). Both Yin and MFR target the fascia which is essentially the fabric that holds us together. These practices support the body's natural processes that keep fascia fluid, flexible and resilient.

Together these practices offer the opportunity to:

- Soothe the nervous system
- Create more easeful movement
- Support tissue recovery, health and hydration

During the practice you will learn more about the what, why and how of these complementary modalities as you:

- Explore target areas through gentle sustained pressure using various prop tools to release restriction: tennis balls/massage therapy balls, blocks and bolsters
- Surrender into longer-held, grounded Yin postures to nourish the tissue
- Bring awareness to the shift you can create with these practices and learn techniques that you can use in your own personal self-care practice



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

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