

Yoga For The Spring Meridians



Friday, April 5

7:30PM-9:00PM

\$25 per person (\$30 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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