



beyondyoga

YIN YOGA FOUNDATIONS

YIN YOGA FUNDAMENTALS

WEDNESDAY, August 22, 2012

6:00-8:30pm (Fort)

As we deepen our practice of Yoga, we bring forth change in our physical, mental, and emotional bodies. In this Yin Yoga Foundations workshop, we look at the deeper meaning of yin and yang and how it relates to our lives and practice. While we know that these two aspects need to be in balance, we investigate which aspect takes the lead, how one affects the other, and how to use the main channels in the body to draw our energy higher. We explore the fundamental poses to release deep layers of the fascia along the spine – the house of the central nervous system and our spiritual being. This workshop is recommended for both beginners and advanced practitioners, including yoga teachers considering becoming certified in this style of yoga.

FREING THE HIPS, SACRUM & LOWER BACK

FRIDAY, August 24, 2012

6:00-8:30pm (QC)

Our ability to move comes from the freedom in the hips making the release of tension around this region critical to skillful and efficient movement on our mats and in our lives. Moreover, the need for opening the hip area continues throughout our lives. In this workshop, we discuss what limits hip movement and how Yin Yoga helps us work through these limitations.

This workshop is a must for everyone, including athletes, yogis wishing to advance their dynamic practice, and people of all ages who wish to begin their yoga practice but feel that they lack flexibility.

YINYOGA intensives with VICTOR CHNG

Victor Chng, one of the leading international teachers in Yin Yoga, shares with us his extensive knowledge and experience in Yin Yoga, Yoga and Taoist Philosophy, and Traditional Chinese Medicine.

YIN YOGA MERIDIAN SERIES

YIN YOGA AND THE ENERGY BODY: AN INTRODUCTION TO THE THERAPEUTIC AND MERIDIAN APPLICATION OF YIN YOGA

SATURDAY, August 25, 2012

9:30am-12:00nn (QC)

Both Ayurveda, Traditional Chinese Medicine (TCM), and western integrative therapeutic models describe the existence of an Energy Body. In this workshop, we examine this body, the channels through which energy passes, and the different perspectives available in understanding this subtle body. Concepts include Ayurveda's *nadis* and *doshas*, TCM's meridians and five-elements, and the therapeutic role of Yin yoga in opening and stimulating the energetic channels of the body. This meridian workshop allows practitioners to have an experiential understanding of the deeper dimension of Yin Yoga.

IMPROVING DIGESTION AS THE KEY TOWARDS BETTER HEALTH

SATURDAY, August 25, 2012

2:00-4:30pm (QC)

Modern people often are not able to eat nutritious and proper meals causing our body's digestive system to weaken. From the TCM point of view, digestion takes center stage in maintaining long-term good health, impacting metabolism, immune system, blood creation, and even the health and beauty of our skin! In this Yin Yoga meridian series, we use the understanding of meridians to develop our Yin Yoga practice and expand our view on proper diet, eating habits, and other tips on improving digestion.

DETOXIFYING THE BODY - WORKING THE LIVER AND GALL BLADDER MERIDIAN

SUNDAY, August 26, 2012

9:30am-12:00nn (Fort)

In this series, we take a further step towards improving digestion, bowel movement and reducing the feeling of bloatedness in the body by working on the meridians that detoxify the body and help increase the movement and circulation of chi. According to TCM, the Liver and the Gall Bladder are the primary organs responsible for detoxification. Stagnation in these channels causes water retention in the body which slows down the movement of chi (energy) preventing chi from moving to the toes and palms. In this series, we will learn a sequence that increases the movement of chi circulation to help in the daily detoxification of the body.

TAO OF YOGA

TAO OF YOGA – THE FOUNDATION OF INTEGRATION

SUNDAY, August 26, 2012

2:00-4:30pm (Fort)

Yin is the foundation of Yang. Yang is the expression of Yin. The Tao of Yoga brings together the Yin and Yang aspects of Yoga to allow participants to fully experience the energy balancing power of an integrated holistic Yin and Yang practice. Moving from Yin to Yang, participants immerse in seamless sequences that unite Yin's withdrawing energy and Yang's expansive energy. The Tao of Yoga not only balances physical flexibility and strength, it also promotes equilibrium of one's emotional energies and mental state. This workshop is highly recommended for those with a regular dynamic practice.



YIN YOGA

Transforming bodies, minds and lives through Yin Yoga

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Regular price:

Php1500 per module

Php1,350 per module (when you avail of 5 or more modules)

Early Bird discount until July 31

Php1,350 per module

Php1,200 per module (when you avail of 5 or more modules)

Note: Full payment required upon reservation to secure a slot.