

# Yoga in Moose Jaw

with Carol Wallace, RYT



*Presents*

## *Introduction to Yin Yoga*

*April 9, 2011*

*Presenter*



*Patricia Dewar*

Patricia teaches yoga and trains yoga teachers in Saskatoon and elsewhere.

She began her study of yoga in 1990 and continues to study and be inspired by yoga teachers that follow in the Iyengar tradition.

Patricia is a graduate of the Advanced Studies Program at the Yoga Room in Berkeley, CA, led by Donald Moyer and Mary Lou Weprin.

She is also deeply appreciative of her training with Father Joe Pereira (Founder of the International Kripa Foundation), Judith Lasater, Gert Van Leeuwen, Lynne Minton, and others.

Patricia is a registered yoga teacher (E-RYT-500) with Yoga Alliance.

Yin Yoga is derived from an ancient form of yoga. Many feel it was the original form practiced to enable the body to sit comfortably for long periods of meditation.

This style of yoga targets the deep fascia and ligaments of the joints versus the more familiar yang style that stretches and strengthens the more superficial muscles. Because of the different tissue nature of the joints versus muscles, a different approach is used.

In the Yin Yoga style, the poses are entered and exited very slowly, and the actual pose is explored in a quiet, meditative fashion for 3 – 5 minutes with gravity and breath deepening the experience of the pose.

Yin compliments Yang. It can be incorporated into all yang styles of practice.

### *Registration*

**Date:** Saturday, April 9<sup>th</sup>, 2011

**Time:** 1:00 PM to 4:00 PM

**Place:** 10<sup>th</sup> Ave NW & Montgomery St (daycare basement)

**Fees:** \$55 (+GST) By February 28, 2011

\$65 (+GST) After February 28, 2011

\$15 Cancellation Fee

No refunds after April 1, 2011

**Contact:** Carol Wallace 306 693 7259

yogainmoosejaw@sasktel.net