



Summer Series: Yin Yoga and the Practice of Mindfulness

Workshop Intensives *with Chris Warner*

The practice of Yoga in the Yin-style promotes whole-health and well-being, and is a vital counterpart to our active/Yang/power yoga practices. On a physical level, Yoga in the Yang (or active) styles tones and builds muscles, while Yoga in the Yin (or quiet) style particularly addresses the health and suppleness in our joints, fascia, ligaments, and bones.

Through holding the deep stretching postures periods over longer periods of time (beginning with app. 5 minutes), the body's natural ability to heal itself and to grow is enhanced, thus increasing overall fluidity of movement, flexibility, and mobility in the joints. We also acquire strength for our active practices, not only with relation to the joints, but particularly through our increasing ability to calmly remain with physical sensation in the poses.

Mindfulness meditation practice trains us to open to our current experience, just as it is, allowing the mind and the body to calm and to relax.

Through the concurrent practice of Yoga in the Yin-style and Mindfulness training, we are afforded the opportunity to remain in contemplative stillness—something few of us ever do, in this time and in this culture of striving and busy-ness. We train to become fully present, aware, mindful, learning to play our edges with ease, while opening and clearing organ-specific energy lines within the subtle body of stagnant chi and toxins—the primary means toward optimal health in Traditional Chinese Medicine. Free-flowing chi (or prana) promotes fluidity of movement, circulation, flexibility, and ease of well-being, on every level—physical, emotional, mental, and spiritual.

Sundays: June 28th, July 19th, August 23rd, 4-6 pm

Union Studio Yoga, Andover, MA

\$35 each workshop or the entire series for \$95

Led by Chris Warner, M.Ed., CYT

Chris has been practicing and studying Yoga, Buddhist Meditation, and Chakra Balancing for more than a decade, and teaching since 2007, having trained extensively in the Yin-style with Sarah Powers and Paulie Zink.