



**YUMMY YIN YOGA WORKSHOP  
PRESENTED by TARA  
Workshop Focus:  
Heart, Throat and Third Eye Chakras**

**YIN YOGA IS**

A practice meant to penetrate deep into connective tissues, expanding flexibility, at the same time invigorating the nadis (energy channels) to release blockages & increase energy flow. This sweet practice focuses on static movement, Pranayama, & mindful awareness of sensation to create a profoundly deep & rewarding practice. ***Unlike most yoga styles, Yin invites the practitioner's muscles to relax completely, holding poses for several minutes, while practicing meditation at the same time.***

**SATURDAY, MAY 5<sup>th</sup>  
12:30pm – 2:00pm (Arrive by 12:15pm)  
Register by May 4<sup>th</sup> for \$25  
Drop-in May 5<sup>th</sup> is \$30**

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Registration Form –Yummy Yin Yoga Workshop  
Shakti Yoga Center, 3 Victory Blvd, Staten Island, NY 10301  
Saturday, May 5<sup>th</sup>, 12:30-2pm

Name: \_\_\_\_\_ Email /Phone (required): \_\_\_\_\_

Check or cash amount enclosed \_\_\_\_\_ (Credit cards not accepted)