



**YUMMY YIN YOGA WORKSHOP - ENHANCED with ACUPUNCTURE  
PRESENTED by TARA HOUSE & KERRI KUHLSEN  
A Fantastic Way to Start your Weekend!**

We call Tara’s Yin Yoga Workshops “YUMMY” because they are exactly that! Now, Tara is taking Yummy to the next level by introducing acupuncture during the deep relaxation phase of the workshop transforming YUMMY into AWESOME! Be transported to a profoundly relaxed and transcendental state with simple acupuncture applied by licensed acupuncturist, Kerri Kuhlsen of Twin Acupuncture on Staten Island.

The 90-minute *yin yoga* practice Tara leads you through will penetrate deep into your connective tissues, expanding flexibility and simultaneously invigorating the meridians (energy channels) of your body to release blockages and increase the flow of vitality and health. This sweet practice focuses on longer held poses made comfortable and accessible with the use of props, Pranayama and mindful awareness of sensation to create a beautifully deep & rewarding experience. It will be completed by a blissful 30-minute Shavasana (deep relaxation) with gentle acupuncture applied by licensed acupuncturist Kerri Kuhlsen.

**FRIDAY, JUNE 8<sup>th</sup>, 7:30pm – 9:30pm**

**Registration by June 7<sup>th</sup>: \$35**

**Drop-in June 8<sup>th</sup>: \$40**

**(Limited to 20 spaces – We encourage early registration to secure your spot!)**

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Registration Form –Yin Yoga & Acupuncture Workshop  
Shakti Yoga Center, 3 Victory Blvd, Staten Island, NY 10301  
Friday, June 8th

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

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