

YIN YOGA WITH JOSH SUMMERS

October 16th, 2010

“Happiness cannot be found through great effort and willpower, but is already present, in open relaxation and letting go.”

- Ven. Lama Gendun Rinpoche



Experience the Art of Stillness

Two Sessions of Yin Yoga for balancing the Body, Energy and Mind

10:00 AM - 1:00 PM

A Sound Body: We rarely think of exercising our joints. Even the thought of 'stressing' the joints is thought to be bad or injurious. And yet, just as with all tissues in the body, if we don't exercise the joints properly, they will degenerate and lose functionality. This workshop will focus on the Yin tissues of our body, emphasizing the safe and correct way to exercise our joints. The corresponding Yin Yoga sequence will emphasize forward bending as a way of cultivating introspection and deeper awareness.

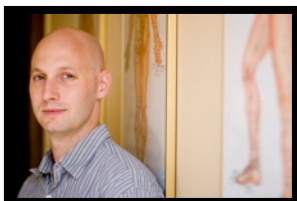
2:30 PM - 5:30 PM

Refining the Attention: Meditation is a wonderful tool for understanding our Hearts and Minds with deeper clarity. But for many, there is tremendous confusion about what meditation actually is. The practice of Yin Yoga offers students the opportunity to develop a meditation practice in a safe and accessible way. Yin Yoga effortlessly allows students to develop deeper stages of awareness, which has a balancing effect on our mental and emotional lives.

Cost: \$35 for individual session pre-registered by October 10th
\$60 for both sessions pre-registered by October 10th
\$45 for individual session ~ \$80 for both sessions after October 10th

To Register: 508-376-4525

Location: Yoga at the Ashram
368 Village Street, Millis, MA 02054



Josh Summers is a Yin Yoga and Insight Meditation instructor from Boston, MA. He leads workshops and trainings throughout the US and Europe. Josh recently co-authored *The Buddha's Playbook*.