

# Yin Yoga Workshop

with Melanie Medeiros



Join Melanie for a peaceful, candlelit Yin Yoga Workshop. Through the use of carefully selected music and meditation, Melanie will guide you through the introspective and intense practice of stretching beyond the superficial muscles to some of the tightest places in your body- the connective tissues of the hips, back and legs. Because the practice of Yin Yoga

works on both physical and energetic levels, this workshop will leave you feeling deeply relaxed and ready for your week.

## About Yin Yoga

Yin Yoga is a style of yoga in which seated poses aimed at stretching the tight connective tissues of the back, hips, and legs are held for 3-5 minutes. Yin Yoga poses also correspond to the Chinese system of energetic meridians in the body, and thus in addition to addressing the tight areas of the body, yin poses benefit overall health and well-being through liberating blocked energy channels to the organs and chakras. Yin Yoga is the perfect addition to a yang/flow yoga practice and benefits both beginners and advanced students of yoga.

## Sunday, November 9th, 5:00-6:30pm

Cost: \$20. Register at [truyogarochester.com](http://truyogarochester.com)!

About Melanie: Melanie's heart-felt yoga practice and teaching is grounded in the belief that peace, love and happiness must be attained at the individual level before they can be shared with others, and that yoga is way to achieve those goals and change the world. Her teaching style draws from several schools of yoga to invigorate the mind, body and spirit, and connect people to themselves and their natural surroundings. With a strong focus on energetic alignment, her classes and workshops intuitively integrate aspects of Vinyasa, Hatha, Yin and Restorative yoga to challenge, empower and rejuvenate her students. She teaches with great joy, energy, and an open heart, practicing loving-kindness towards her students and helping them to grow in their yoga practice and lives.



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