

YinYoga Napier 2nd - 19th December Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	11.30 - 12.30 Yin Hour		11.15 - 12.15 Yin Hour			
		Noon - 1.15pm** Deepening				
			5.30 - 6.30 Yin Hour	6.00 - 7.15** Deepening		5.30pm - 6.30pm Karma Yin

** Classes are 75 minutes

YIN HOUR - This is a meditative flow that focuses on holding the postures longer, melting into them using B R E A T H & relaxing the mind. Yin targets the deep connective tissue and the fascia of the body, so if you are a sportsperson, body builder, ageing gracefully or recovering from injury/illness Yin will help to foster and create new pathways to re-energise joints, connective tissues and increase flexibility.

DEEPENING - This class is for those Yogi's who wish to deepen, nourish and explore their practice. A deeper meditation, holding postures longer and breath will allow a settling into stillness and a surrendering to our body.

Karma Yin - A open class in which all proceeds are donated to the Hospice. Koha donation is required with an expected minimum \$5.00.

Bookings for ALL classes is essential

YinYoga Napier closed on 20th December - Opening again 6th January 2014 with new classes, Beginners series & an updated timetable