

Yin & Yang Yoga



with **Heather Tiddens**

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Join Heather in weaving the healing powers of these two very different styles of yoga into an integrated, balanced practice. We begin with Yin Yoga, a quiet, gentle practice, staying in the floor-based postures from 3 - 5 minutes while relaxing the muscles. Yin Yoga targets the body's connective tissue, addressing the mobility and health of our joints in the hips, pelvis and spine; releasing resistance while activating the flow of prana through the core of the body.

Transitioning into the Yang practice of deep breathing, heat, and slow flow pose sequences will deepen our edges of self-discovery as we build strength, flexibility and energy flow. Yoking these mutually supportive yoga styles opens us up to healing the stresses, trauma, imbalances, and their underlying conditioning, that block our potential and limit our lives. Come experience the freedom of being fully at home in your body: energized, open, powerful and graceful.

This workshop is open to ALL LEVELS of practice. It will consist of about 1 hour of Yin Yoga, 1 hour 45 minutes of Yang Yoga with a long Savasana (relaxation) at the end of class.

Saturday, March 28th • 12:30-3:30 PM • \$45

Heather, ERYT, teaches yoga and leads ceremony to support people in embodying their most authentic selves. Her classes are known for their physical intensity and detailed instruction, as well as being a safe, compassionate space for students to explore their spiritual, emotional and physical healing and growth. Her teaching is grounded in her training and studies integrating Yin and Yang Yoga, hands-on healing, mindfulness practices and Indigenous ceremony ways. She is passionately committed to turning people on to embodying spirit in their yoga practice and in their lives. Heather is based in Santa Barbara, CA, and travels nationally teaching courses, workshops and retreats. www.HeatherTiddensYoga.com



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Payments for workshops are non-refundable, but may be converted into credit (minus \$10 processing fee) if cancellation is made with a minimum of 48-hour notice.