



Saturday 30th June

3-4:30 pm

\$65 / Early Bird \$55
book by 19th June

www.sherrie.com.au

Bookings Essential
tara@mindfulnation.co.nz
021 545333

Yin Workshop

Yinformation Session with Tara Connell
& Human Behavioural Specialist, Sherrie Laryse

Emotional Intelligence Information Session combined with a 90min Yin Yoga* class

Our perceptions of the world around us, of ourselves and of our interactions on a daily basis, directly impact us on every level - physically, emotionally and mentally.

In this 90 min session, Tara will guide you into each Yin pose as Sherrie talks you through how past emotional experiences dictate the way we perceive the world around us and therefore the decisions we make and thus the results we get in life.

Start to become aware of simple techniques we can use which balance our emotions in order to bring balance in our whole world, on all levels.

*Yin Yoga is a gentle, meditative practice consisting of long held stretches without muscle tension that releases stress while stimulating regeneration.

breathe YOGA keeping
Havelock
flexible