

YIN ROLLER METHOD

3 SESSIONS - 3 MONTHS - 3 WEDNESDAYS



Yin Yoga and Foam Rolling

A session of deep relaxation

Michelle Redman of Vitalitymoves has developed this system of rolling, stretching and rebounding in yin postures to bring deep relaxation and calm to the mind, body and spirit. Come and learn this method to relax and restore your whole being.

Connecting the 2 practices, TCM meridian theory and breath, this practice offers a unique system for your muscles, joints, fascia, lymphatic and nervous systems.

Booking and payment essential to confirm your place, all equipment provided. Limited to 9 spaces.

Home practice handout available.

\$30 or 3 concessions \$75.

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