



Year of the Fire Rooster

A DAY OF YIN YOGA IN THE CHINESE NEW YEAR

DEEPLY NOURISH THE YIN WITHIN

Mastering the Art of Stillness; Allowing for Awareness and
Peace in Times of Challenge and Change

SATURDAY, JANUARY 28, 2017

10 AM – 4 PM \$89 PER PERSON, INCLUDES LUNCH
LIMITED TO 15 PARTICIPANTS

YOGA FOR HEALTH EDUCATION

1200 WEST 11TH ST., SUITE 106, TRAVERSE CITY, MI 49684 (231) 922-9642

Spend the day nourishing yourself with practices that strengthen your Yin and experiences that help establish balance for overactive lives; to regenerate the body, cultivate inner peace and restore harmony to your whole being.

Yin Yoga, Meditation, Qigong, Breath, and other Quiet Practices for Mental and Physical Well-Being.

JOIN **TAMARA GRAF**, RAC. Dipl. Ac., Dipl. C.H., NATIONAL BOARD CERTIFIED IN ACUPUNCTURE AND CHINESE HERBOLOGY, AND **LIBBY ROBOLD**, YHE DIRECTOR, YOGA THERAPIST & AYURVEDIC HEALTH COUNSELOR, CERTIFIED BY THE NATIONAL AYURVEDIC MEDICAL ASSOCIATION, AND **MICHAEL ROBOLD**, YHE DIRECTOR, YOGA TEACHER, AND NATURAL FOODS CHEF.

REGISTRATION ON BACK OF FLYER