



A DAY OF YIN YOGA IN THE CHINESE NEW YEAR

DEEPLY NOURISH THE YIN WITHIN

The Year of the Dog... Loyalty, Exuberance, Good Fortune,
Yet Ups and Downs. Be Prepared!

SATURDAY, FEBRUARY 17TH, 2018

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**, 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