

# NEW ~ COED YIN YOGA WORKSHOPS!

Includes Pranyama (Breath work) and Meditation Training

**CHOICE OF: SAT. FEB. 28<sup>TH</sup> OR SUN. MARCH 1, 2015**  
**2:00-3:30 PM \* \$35 PER PERSON!**

**TAP INTO YOUR QUIET POWER -- GET THE FLEXIBILITY AND STRESS RELIEF BENEFITS OF YIN, PRANYAMA AND MEDITATION TRAINING - FOR ADVANCED TO THERAPEUTIC STUDENTS!**

A Yin practice benefits the therapeutic student to the athlete as it concentrates on healing connective tissue and bones, the parts of our body that are closest to our core and critical to our physical well-being and range of motion. These postures are all practiced on the floor and held for a longer period of time -- usually three to five minutes - while the student focuses on breath work and releasing tension. Additionally, Jackie will teach meditation during these postures. This has a multitude of benefits from spiritual healing to better achieving personal, professional and fitness goals. During this specialized workshop students will learn how better relax muscles so deep connective tissue can be gently stretched, encouraging the free flow of energy throughout the body. When the pose is released, blood flow to these areas is increased, allowing improved circulation and a more lasting flexibility level to the student. It's an excellent means for anyone to improve their concentration and maintain focus through challenges and how to let go in order to grow mentally, spiritually and physically.



*Learn how to resolve to evolve! This workshop will teach you how to give those New Year's Resolutions new life so you can continuously improve mentally, physically and spiritually in 2015! ~ Jackie Kold, CPT, RYT*

## WORKSHOP LED BY STUDIO OWNER JACKIE KOLD, CPT, RYT

Jackie will offer her years of experience as a personal trainer and yoga instructor with hands-on adjustments and will employ props to support all students to achieve their best postures. This workshop will benefit all students: from athlete to those in need of therapeutic assistance.

### Benefits to the Therapeutic Student or Those New to Yoga:

This workshop will help all students activate their body's own self-healing abilities. The use of props can assist those recovering from injuries or with significantly tight muscles and joints, such as those with knee and shoulder injuries, to fully enjoy the benefits of yoga, better breathing and release as Jackie offers adjustments into each posture with props.



### Benefits to the Athletic Student:

The advanced yogi or athlete will learn how to take their sports fitness to the next level with improved flexibility and mindset. For example, runners will learn how keep tight hamstrings or hips flexible, while weight lifters will better open tight shoulders and backs. Yin also helps improve endurance through breath work and mental focus. Intensity can be increased as desired by

forgoing props or varied use based on the postures with Jackie's guidance.

**Additional Benefits to All:** Yin can also help emotionally with goals and intentions which not only opens the heart, shoulders, back, neck and hips, but allows deep release of tension, anxiety and stress. Combined with breath work and meditation, this allows special healing for more physical and personal well-being.

**TO REGISTER OR FOR MORE INFORMATION :**

**Call JKFY at 630-584-2254**

**EMAIL: [info@jackiekoldfitness.com](mailto:info@jackiekoldfitness.com)**

**OR VISIT WEB: [www.jackiekoldfitness.com](http://www.jackiekoldfitness.com)**

**Jackie Kold Fitness and Yoga, Inc. \* 5n201 Shady Oaks Court, St. Charles, IL**

**JACKIE KOLD**  
FITNESS AND YOGA

ENERGY • BALANCE • STRENGTH