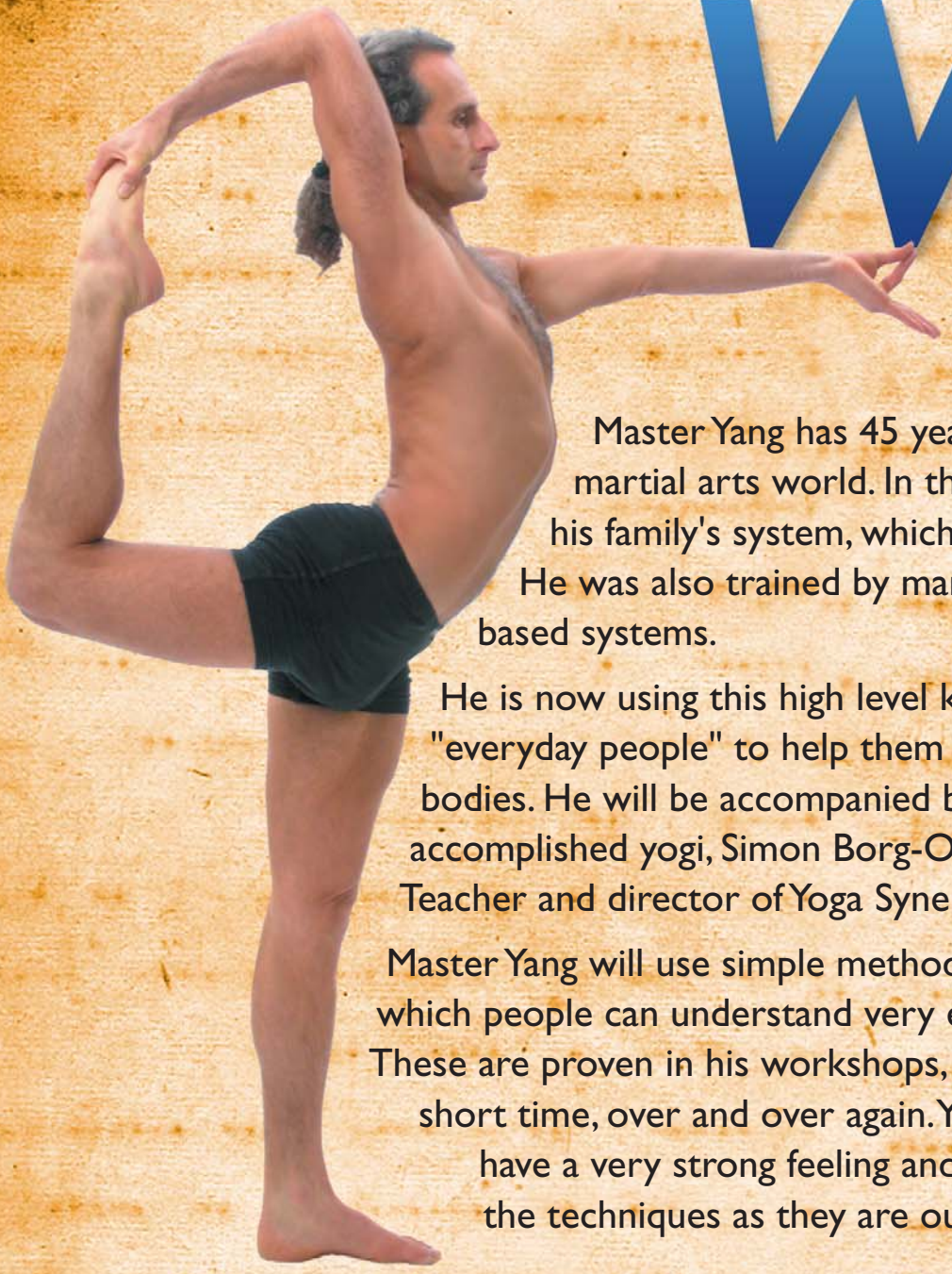


“Like a Fish In Water” Workshop



Master Yang has 45 years experience in the Qi energy & martial arts world. In the past, Master Yang was trained in his family's system, which has 400 years of history. He was also trained by many masters from energy based systems.

He is now using this high level knowledge to pass onto "everyday people" to help them build their lives and bodies. He will be accompanied by his student and accomplished yogi, Simon Borg-Olivier, International Yoga Teacher and director of Yoga Synergy.

Master Yang will use simple methods and techniques which people can understand very easily. These are proven in his workshops, in a short time, over and over again. You will have a very strong feeling and understanding of the techniques as they are outlayed on the day.



Saturday 8 September

Circulation (focus on Fingers & Toes) & Stress Release

1.00 - 4.00pm

Targeting the body's circulatory systems, with a particular focus on blood circulation. Master Yang is putting on this workshop to focus on improving bodily warmth especially in the fingers and toes. Excellent for females and people who feel the cold of winter in their extremities.

The other focus of this workshop will be on helping you to overcome daily pressures associated with stress. Master Yang and Simon will work you through a series of movements to help you regain your mental balance, relaxation and grounding. Very effective in dealing with depression, anxiety and anger.

Where

Yoga In Daily Life
117 Anzac Parade,
Kensington (near Todman Ave)

Cost

\$75 - 3hr session

Places are limited!

To ensure your place please book ASAP. Contact Yoga Synergy on (02) 9389 7399 or email simon@yogasynergy.com