

Yin Yoga for Springtime

Exploring the Liver and Gall Bladder Meridians

With Dorian Abel and Kim Dixon

Sunday, April 29

2:00 – 4:00 p.m.

\$25 prepaid/\$30 at the door



Bring balance to your emotions.
Cultivate compassion.
Increase your energy.
Enhance your ability to change and adapt.
Experience greater harmony.

Healing Yoga
1397 E. Main St. (Route 724)
Douglasville

*Kim will guide us to a deeper understanding of these energetic pathways of Chinese medicine and Shiatsu, their locations, qualities, and effects on our well-being.
Dorian will lead a peaceful Yin practice of long-held poses which will work primarily on the inner and outer hips and sides of the body for sweet release.*

For more information or to register

www.healingyogapa.com

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610-369-0831 or 610-310-1479