



# Yin & Yang Yoga: Discover, Deepen & Enjoy the Practice of Balance

**Sunday, December 10th, 1 to 4pm**

Yoga Center of Carmel  
Sunset Cultural Arts Center, Cottage #18,  
on 10th St. NE San Carlos

Through long-held postures, **Yin Yoga** opens the deep, tense, rarely touched areas of the body, creating greater ease and fluidity. Yin offers up the gift of deep mental, emotional and physical “de-stressing”, as well as a profound self-healing practice that can be enjoyed by almost anyone.

**Yang (or active) Yoga** engages the muscle tissue, creating heat, strength and invigoration in the body-mind.

We require both to be balanced, whole & healthy.. Modern life has put us into “yang overdrive”, leaving many of us depleted, overwhelmed and uninspired. This workshop is for teachers, teachers-in-training and all levels of yoga practitioners alike. It will uncover the basics of using the passive and active practices to deepen your own practice and enhance your understanding of yoga as a tool for healing.

*All levels welcome*

Contact Ana with further questions or information: (831) 601-3282, [Ana@YogaBodyNutrition.com](mailto:Ana@YogaBodyNutrition.com)

*“Although I have practiced yoga for a few years now, Ana’s class was my first Yin Yoga experience. I loved it! Ana’s guidance and directions to get into the yoga postures made me feel safe and comfortable. I really enjoyed the information and quotes that Ana shared while we held each pose. It gave the practice a whole new meaning and also made it easier to maintain the poses and postures for the full 5 minutes. After the class, I felt refreshed, rejuvenated and relaxed! I also had a feeling of a new “space” that had opened up inside of me... I highly recommend the yin yoga class.” ~ Dana Feldmeier, Washington DC*

**Ana Poirier** is a holistic health & nutrition coach, yoga instructor, health educator, best-selling co-author and founder of Yoga Body Nutrition. A classically trained dancer and graduate of the Institute for Integrative Nutrition, she integrates her studies of Ashtanga, Iyengar, Prana Flow, Kundalini and Yin/Yang yoga styles into her unique teaching method that unifies body & breath awareness, rhythms of nature, connection to spirit, health wisdom and full enjoyment of life in this body. She has been teaching in Big Sur and the Monterey Peninsula since 2000 to all levels of students, and leads transformational eco-luxury retreats around the world. Ana believes that the innate bliss of yoga is available to all.

Learn more on her website [www.YogaBodyNutrition.com](http://www.YogaBodyNutrition.com)



*To register, please complete this form and return it with your check to:*

YOGA CENTER OF CARMEL  
P.O. Box 1413, Carmel, CA 93921

Name \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**Sunday, December 10th, 1-4:00 pm**

**Early registration \$40 \_\_\_\_\_ (\$45 at the door)**

[www.yogacentercarmel.org](http://www.yogacentercarmel.org) email: [yogacarmel@aol.com](mailto:yogacarmel@aol.com) (831) 624-4949