

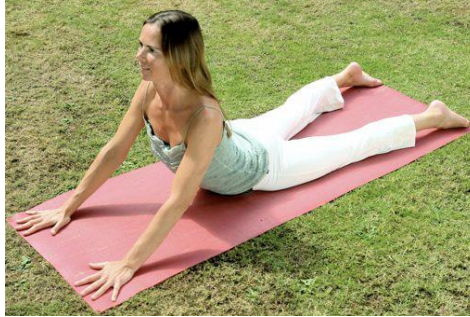
# Yin and Yang Yoga

With Olivia Clarke

## Cultivating Balance and Insight

Olivia blends the insights and practices of the Yoga traditions and Buddhism to create a balanced and integral practice for life. With over 12 years professional practice in Shiatsu and Yoga, she interweaves her knowledge and understanding of Chinese Medicine and Meridian Theory with the Buddhist teachings on Mindfulness and Insight practice and the wisdom traditions of Yoga.

### Yin Yoga



Yin Yoga is in many ways a teaching on inward drawn attention, using a series of deeply restorative postures, inspired by Taoist Yoga and held for several minutes at a time. In a Yin Yoga class, you will find a place for silence and stillness, in which you can explore the subtle realms of the meridian system, as well as cultivating a deeply meditative approach to your practice, one that listens to the body at a deep and intuitive level.

### Yang Yoga (Vinyasa)



Yang Yoga is a continually flowing sequence of poses that helps to build heat and energy in the body, as well as encouraging flexibility and strength. This energizing and warming practice is balanced beautifully with the more restorative, calming and cooling practice of Yin.

### Classes & Venues – April to July 2017

**Dingestow Village Hall**, Monday 9:30-11am

**Monmouth Priory**, Monday 7-8:30pm, Wednesday 7-8:30pm  
and Friday 9:30-11:00am

For more information

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