

# COIL YOGA *presents...*

**MARCH 26 and  
MARCH 27, 2010**

## WORKSHOP DESCRIPTIONS

### Yin Yoga & Meditation:

*Spend some quiet time with yourself... We begin with meditation instruction and a 15 minute sitting session before transitioning into a Yin asana practice. Yin Yoga is a quiet, gentle practice, suitable for all levels of practitioner, targeting the body's connective tissue and addressing the mobility and health of our joints in the hips, pelvis and spine. It is a helpful preparation for the longer sitting meditation at the end of class, and both provide wonderful balancing and restorative qualities to our very "yang" lifestyles.*



### Yin & Yang Yoga: Hips and Shoulders:

*Join Heather in weaving the healing powers of these two very different styles of yoga into an integrated, balanced practice. We begin with Yin Yoga, releasing resistance while activating the flow of prana through the core of the body. Transitioning into the Yang practice of deep breathing, heat, and slow flow pose sequences will deepen our edges of self-discovery as we build strength, flexibility and energy flow. Yoking these mutually supportive yoga styles opens us up to healing the stresses, trauma, imbalances, and their underlying conditioning, that block our potential and limit our lives.*

### Inversions & Arm Balances:

*Take flight! Inversions and arm balancing asanas are challenging, thrilling, and very rejuvenating for the mind and body. From the basic stages of Handstand and Shoulderstand, to discovering the more advanced arm balances, Heather will guide you in building core awareness, strength, and space in these poses. Learn step by step the fundamentals of lift-off, moving through the air with grace, and landing with precision and lightness.*



## Weekend Intensives With: Heather Tiddens

### WHEN\*

Friday | March 26th | 6:00 - 8:00 pm

Yin Yoga & Meditation: All Levels

Saturday | March 27th | 10:00 am - 1:00 pm

Yin & Yang Yoga: Hips and Shoulders: All Levels

Saturday | March 27th | 2:30 pm - 5:00 pm

Inversions & Arm Balances: Intermediate and Advanced Levels

### COST and LOCATION

Friday pm | \$40.00 per person | \$45.00 at the door

Saturday am | \$55.00 per person | \$60.00 at the door

Saturday pm | \$45.00 per person | \$50.00 at the door

All sessions will be at COIL Yoga

### EARLY BIRD SPECIAL

All three classes with Heather for \$125.00 if paid by March 15th.

Please mail your payment to COIL Yoga 764 P. Street Fresno, CA 93721.

To pay by credit card, please call 559-270-4709.

### BIO

**Heather Tiddens**, ERYT500, teaches yoga and leads ceremony to support people in embodying their most authentic selves. Her classes are known for their physical intensity and detailed instruction, as well as being a safe, compassionate space for students to explore their spiritual, emotional and physical healing and growth. Her teaching is grounded in her training and studies integrating Yin and Yang Yoga, hands-on healing, mindfulness practices and Indigenous ceremony ways. She is passionately committed to turning people on to embodying spirit in their yoga practice and in their lives. Heather is based in Santa Barbara, CA, and travels nationally teaching courses, workshops and retreats. [www.HeatherTiddensYoga.com](http://www.HeatherTiddensYoga.com)



\*COIL Yoga CANCELLATION POLICY: With 1 week notice prior to the beginning of the workshop, full refund less \$45 cancellation fee. With 24-hour notice, 50% refund. With less than 24 hours notice, cancellations are non-refundable

COIL YOGA

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