

# Yin Yang Yoga with Michelle

Thursday & Saturday

## Yin Yang Yoga

Zen Yoga, Dubai Media City Studio

Thursday 10.15am - 11.15am

Saturday 18.30pm - 19.30pm



Yin Yang Yoga provides the benefits of a balanced practice of Yin and Yang styles of yoga. The Yin style of long-held passive poses opens the body to more flexibility and chi flow through the subtle channels while also engendering a more contemplative, non-reactive quality of mind. A more active, dynamic, Yang style of vinyasa will follow, strengthening and invigorating the body and mind. Each class will conclude with meditation.



### Michelle bio



Michelle discovered yoga in 2003 while attending classes with Vinod Pillai, at Bayoga in Manama, Bahrain. As her practice progressed she sought to deepen her mental & spiritual understanding of yoga which culminated in a journey through Southern India where she studied vinyasa flow with Dr. Senthil Kumar, at Ayurveda Retreat, Conoor, India (Yoga Alliance, RYT 200, August 2008). She continues to develop her knowledge through daily practice & is pursuing her RYT 500 through Radiantly Alive Bali with Daniel Aaron.