

MICRO-YOGA ADVANCED WORKSHOP

A Unique approach to Yoga and self-bodywork that brings together hands on techniques with Asana Yoga

Learn about self-application of yoga and bodywork. You'll use hand manipulation, holding, stretching, twisting, leveraging, pressure and pulling techniques.

Bring your personal yoga routine and get feedback on how to use these principles and techniques to accelerate your yoga practice and the transformation of your body-mind.

Keyvan will share insights of a 40 year practitioner of yoga with 25 years of bodywork and Qi Gong.

Learn:

- *Mechanics of Conductivity*
- *Meta-physiology and dynamic anatomy*
- *About Myofascia system, Sinews, Meridians*
- *How to use posture and alignment as guides*
- *Hand and pressure techniques, movements methods*

This workshop is intended only for those with intermediate to advanced yoga experience. Experience in bodywork or massage a recommended.

November 4th - YOGAMARAIS
72 Rue du Vertbois
www.NewWorldMedicine.net

Keyvan Golestaneh, M.A., L.Ac., practices classical Chinese medicine, acupuncture and Structural Bodywork. He is an Integral healer and a practitioner of Jin Shin Do® and Qi Gong. Golestaneh is a master-level registered yoga teacher.

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