

Yin & Yang Yoga Thai-Shiatsu Bodywork

featuring Kripalu's Ken Nelson and Lesli Lang

Feel relaxed, light and free. Yin and Yang Yoga and Thai-Shiatsu Bodywork (TSB) promote healing and wholeness by increasing freedom of movement, joint mobility and flexibility. They relieve pain and chronic tension in the hips, thighs, pelvis, spine, neck and shoulders by stretching and rehabilitating connective tissue—countering the shortening and stiffening effects of aging, injuries and lifestyle. For all ages interested in health and healing therapies, yoga, massage, movement, dance, healing & martial arts, holistic, helping professions, & spiritual community. All bodywork is done fully clothed on comfortable floor mats. **CEU credits are available!**

Saturday, April 24: 12:00 PM—6PM

Cost: \$100 for the full day

\$85 if paid by April 1



About Ken

Ken Nelson, PhD, a leader in teaching the healing arts, has taught world-wide since 1975. He lives in Lenox, MA, where he teaches yoga, massage and meditation at Kripalu Center for Yoga and Health.

About Lesli

Lesli Lang is committed to supporting people in their quest for authenticity, freedom and full self-expression, drawing on her life-long yoga and meditation practice.

**Pre-registration is required for this special workshop event.
A non-refundable deposit of \$30 is required to reserve your space.**

For more information or to register contact:

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