

Yoga and Physiotherapy Congress

October 16-17, 2017 Chicago, USA



Nicole Superits

USA

Elemental Yin Yoga

Yin Yoga works intimately with the Five Element Theory and Modern Meridian Theory as well as Buddhist Mindfulness Meditation. Utilizing Yin Yoga Asana as a powerful self-inquiry tool and healing technique, we explore how the different elements and their corresponding meridians show up physically in the body, as well as mentally and emotionally. Together, we awaken and balance the elements within by releasing energy via the deep fascia and therefore removing blockages to relax and rise to your full potential.

Biography

Nicole Superits and I'm a RYT 200 trained in Yin Yoga. I have deeply studied the principles of Yin Yoga, Indian Hatha Yoga, Traditional Chinese Medicine, Tibetan Buddhism and Anatomy of Yoga with TNYT School of Yoga. My passion to share Yin is rooted in my firsthand experience of the liberation and expansion that Yin offers. As both a Yin Yoga Teacher and Energy Worker, I fully integrate mindful embodied presence, body-mind connection, and vital flow of chi or prana within my classes.

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