

Introduction to Ayurveda, Chinese Medicine and Yin Yoga

with Jennifer Rankin and Kimberly Loeb

Yin Yoga, Marma and Acupoints

Sunday, March 6th 1:30-4:30 pm

at Coastal Bliss Yoga Studio in Tofino

In this afternoon workshop, we will practice the integration of conscious breathing and movement through yin yoga as we explore the energetics of Ayurvedic and Chinese Medicine through acupressure and marma points.

Learn about the ancient arts of Ayurveda and Chinese Medicine while learning self massage, acupoints and marmatherapy for specific conditions. Integrating self care and cooking suggestions into our exploration, we will work to restore and maintain balance in ourselves and one another through mindful breathing, conscious movement and loving touch.



Jennifer Rankin

is a registered Yoga instructor, Acupuncturist and holistic health practitioner who integrates medicinal herbs, nutrition, traditional Chinese medicine and Yoga. She is currently working towards her doctorate in traditional Chinese medicine. Visit innerpathhealingarts.com for more information about Jennifer.

Kimberly Loeb

is a certified Yoga instructor, Yoga therapist, Ayurveda and Thai massage practitioner who has been practicing and teaching Ayurveda and Yoga since 2001. For more information about Kimberly, visit her at innercirclehealingarts.com.

Class cost is \$65 . Please register by March 1st . 1 (888) 589-2246