

Yin Yoga

with Jadson Caldeira

Fridays 6 - 8pm

Jadson Caldeira

Jadson is a Yoga Teacher, Reiki Master, Shiatsu Massage Therapist, Choreographer, and Professional Dancer. Trained in various forms of meditation, alternative therapies, and energy work for over 25 years. His career in dance and yoga have been led by the search for a technique and physical language that incorporates, integrates and generates physical and spiritual awareness.

What is Yin Yoga?

Yin Yoga is a great complement to your practice. Yin Yoga will strengthen the connective tissues (ligaments, tendons) making them more resilient, and helps liberate tension in the fasciae surrounding muscles and organs. Yin Yoga accentuates core awareness through the “letting go” of muscular engagement and tension. Yin yoga incorporates Chinese medicinal principles and the poses are sequenced to stimulate and enhance flow of energy through the meridians of the body.

The poses are held longer allowing one to yield to the breath and release to the foundation. Yin Yoga takes us deeper in our practice by bringing insight to, and breaking patterns that seek “more sensation”. Focusing on our lifeless zones the places in our bodies where there is no sensation , brings inner awareness to these places allowing us to rebalance and develop a deeper sense of “unity of body mind and spirit”



Ashtanga Yoga Montreal

372 Ste-Catherine St. West, suite # 118 (514) 875-9642

www.ashtangamontreal.com

info@ashtangamontreal.com

