

Meditative Yin Yoga With Mabelle Lee



YogaGlow in Three Oaks
Saturday May 23 ~
2pm-4:00pm \$27

Lets journey together into the meditative experience of Yin Yoga. Our physical practice will target the inner and outer hips (IT band, sciatica), groin, sacrum and connective tissue. Deeper still the practice will aid in supporting the spring season energy pathways of the Liver and Gall Bladder meridians. The meditative practice will lead us into a somatic awareness of breath, senses, and the spine in their constant interplay with the thinking mind. As we hone awareness to that connection, I will read to you from the Vijnana Bhairava Tantra (Radiance Yoga Sutras) that date back to the second milieu B.C.E. These simple and poetic texts consist of 112 yoga teachings for opening to the divine in everyday life experiences. The sutras are among the oldest comprehensive teaching on meditation in the Tantric practices and their intention is to guide us with increasing ease along our emotional and psychological evolution. This practice is nectar for the nervous system. I invite you to join us in this practice of embracing the multifaceted aspects of physical body, in communion with thinking mind, breath, and emotion, which is the very essence of Yoga.

Mabelle is a certified yoga instructor, childbirth educator, doula, and massage therapist. Her foundational bodywork education was in Shiatsu, the Japanese based massage or "finger pressure" that simulates the same energetic pathways (meridians) as acupuncture.

During the last 11 years she has been leading Vinyasa yoga, emphasizing how asana complements the meridian/nadi philosophy of moving life force (Chi/Prana) through the body via physical postures and self-inquiry. Since introduced to Yin Yoga over four years ago, Mabelle has focused on this style of yoga as a truly unique modality for moving deeper, both physically and meditatively, into the body's energetic currents.

Mabelle has devoted the last four years to studying Yin Yoga with Paul Grilley and is currently finishing her master's degree in mythology and depth psychology. Through the use of the scientific meridian research of Dr. Hiroshi Motoyama as well as others in the fields of movement and depth psychology, Mabelle is engaged in research writing on Yin Yoga's application to mental health and emotional wellbeing. Mabelle's leading style offers gentle guidance in Yin Yoga's therapeutic qualities as well as the meditative gifts of the practice.

You can learn more about Mabelle and her studio, Shakti Yoga, at her website www.shaktiyogastudio.org



Call Deirdre at 269-697-4394 to register and join us in exploring this truly unique and sustainable practice