

# Josh Summers Yin Yoga: Relaxing into your True Self

*"There are two kinds of suffering:  
the suffering that leads to more  
suffering and the suffering that  
leads to the end of suffering."*

**Ajahn Chah**, Buddhist master

**Sunday, Jan. 24, 2010. 1 - 4 pm**

Through the contemplative practice of Yin Yoga, we will explore the full implications of the word 'relaxation'. As the guiding intention of our meditative inquiry, relaxation will usher us into and through our conditioned points resistance, opening us, ultimately, to a dimension of authenticity and ease.

Yin Yoga is a complementary yoga practice to the more dynamic and invigorating yoga styles that are predominant today. In Yin Yoga, floor postures are held passively for several minutes in order to access a safe and positive 'stress' on the deep layers of connective tissue in the body.

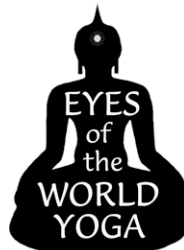
Physically, Yin Yoga restores and maintains the natural mobility of the joints, primarily between the navel and the knees. Energetically, Yin Yoga opens the body's meridian system, which enhances the body's energetic flow and supports emotional equilibrium.

And as this practice emphasizes stillness and silence, Yin Yoga prepares both the body and the mind for deeper experiences in meditation.



Joshua Summers Lic. Ac.

Josh began studying yoga in the early nineties with a gifted Iyengar yoga teacher in New York City named James Murphy. Since then he has spent several years living abroad in India, Taiwan and Burma where he has studied both yoga and meditation. As his interest in vipassana or insight meditation has developed, so too has his interest in more contemplative forms of yoga practice. With a professional background in Oriental Medicine and a personal passion for the dharma, Josh fell in love with Yin Yoga as a beautiful synthesis of these two interests. Recently, Josh co-founded Sati Solutions, a mindfulness-based strategy firm dedicated to establishing enlightened habits in individuals and organizations. for more information see [satisolutions.com](http://satisolutions.com)



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Register at the studio or online: \$49 by Jan 10, 2010. \$59 by Jan 11 and after.

**Innerhappiness.com**