

Join Instructor Jennifer Crescenzo For A 5 Week *Yin in Motion Yoga Course*

The Yin Motion approach combines gentle rhythmic movement, stretching, breathing and meditation techniques that help you feel more at home in your body and more grounded as you navigate everyday challenges.

Over 5 weeks you will learn:

- **Yin movements and breathing techniques that decrease the physical tension that leads to stiffness and pain**
- **Gentle flowing movements that will help you start your day with more energy and calming sequences to prepare you for restful sleep**
- **Meditation techniques to help you become a "curious observer" of your body sensations and how they are related to your thoughts and feelings.**
- **Opportunities to recognise patterns in the flow of your mental and emotional energy and to make more conscious choices about where your attention flows.**

This 5-week course begins with a special 2-Hour Intro Class, followed by weekly 75-minute classes. Each week in this course builds on previous weeks so you get a chance to repeat and learn skills and feel more confident as you progress. You are encouraged to ask questions and go at your own pace. All movements are suitable for beginners with lots of options and variations.

In addition to the classes, you will receive:

- A course guide (PDF) with all the key concepts
- Short video sequences you can do at home between classes

Cost: \$275 inclusive of all classes, the course guide, and the video sequences

Schedule: Choose the course that suits your schedule. Here are your options.

Saturday Course: Saturday 4pm (26 Feb, 5 Mar, 12 Mar, 19 Mar, 2 Apr)

26 Feb: Special 2-hour Intro Class (4-6pm)

5,12,19 March and 2 April: 75 minute classes (4-5:15pm)

Wednesday Course: Wednesday 6:30pm (2, 9, 16, 23, 30 March)

2 March: Special 2-hour Intro Class (6:30-8:30pm)

9 , 16 , 23, 30 March: 75 minute classes (6:30-7:45pm)

Meet Jennifer

Instructor Jennifer Crescenzo has been teaching yoga for over 15 years and was instrumental in bringing Yin Yoga to Australia over a decade ago. In 2020, Jennifer pioneered the Yin in Motion method which combines her extensive study of biomechanics with movement and breathing techniques from the Yogic and Taoist systems. Jennifer has a keen interest in neuroscience. Through Yin in Motion, she explores how we hold experiences in our bodies and how mindful movement can change the way we think, feel, and make choices. Jennifer has studied with psychiatrist and trauma researcher Bessel van der Kolk author of "The Body Keeps the Score" and with clinical psychologist and yoga teacher Bo Forbes who is at the forefront of integrating emerging scientific research with somatic education.



To learn more about Jennifer visit her website: www.museinmotion.info

Jennifer Crescenzo

Muse in Motion

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