



EMELIE COFFEY

YOGA



Monday 6pm Yin Yoga (upstairs)
Wednesday 6pm Yin Yang Flow Yoga
(training room downstairs)

Commencing 3rd April 2017



EFYC Members \$10

Concession \$10: Casual \$15

5 Class Pass \$65 (2 mth exp) 10 Class Pass \$120 (4 mth exp)

Blocks and straps will be provided.

Mats are limited, please bring your own if you have one.

Both classes are suitable for all ages and abilities.

Yin: A gentle, relaxing yoga focusing on joints, bones and connective tissue using mostly seated and reclining postures that are passively held between 1 and 5 minutes. The aim is to increase flexibility, help quieten the mind and calm the nervous system with a slow, peaceful practice.

Yang: An energetic, strong yoga style focusing on muscles, blood and skin using strengthening and stretching postures. The aim is to build strength, synchronise movement with breath, develop self awareness and focus with an active, dynamic practice.

Yin Yang Flow classes starts with a Yang style flow then settle down onto the mat with gentle Yin postures. Combining both styles into one class can help balance our bodies and minds.

Emelie has been a sports and remedial massage therapist since 2003 and has completed over 400 hours of yoga teacher training. She will guide you through both practices, drawing on her extensive experience and knowledge of human movement.

Emelie Coffey (Massage · Yoga · Creatives)

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