



YogaSpere@ConnectGround

SELF - CARE Restorative Yoga workshop

In this workshop, you will be guided into your inner stillness using highly supportive restorative yoga positions. The aim of this workshop is not to do but to release into just being. Possible side effects may be senses of relaxation, clarity of mind, sharpen focus and a sense of wellbeing.

About Restorative Yoga

Restorative Yoga is the practice of being with the use of the support of yoga props like bolsters, blankets, blocks etc. The objective of the practice is to arrange the physical body in very comfortable way (6-stars level of comfort) so that it can totally let go and rest. This aids the rebalancing for the nervous system towards the rest and digest - Parasympathetic Nervous system

General Information

Venue/ 622 Lygon Street, North Carlton 3054 Victoria

Times/ 2-4pm

Dates/ 4th April & 12th September

Cost/ \$55

Book & pay by calling the office on P: 03 9489 6300 or E: admin@gestaltcentre.org.au

Presenter Bio

Wai Ying Tham, CCSE is a widely trained and deeply committed Clinical Somatic Educator and yoga teacher with a special interest in human anatomy. Originally employed as an industrial scientist and completing a PhD in physical organic chemistry, Wai Ying switched tracks to work in ethical investment.

A diagnosis of breast cancer in her early 30s derailed her career plans, but not her embodied practices. Yoga helped Wai Ying navigate rounds of medical treatment and heal herself with self-compassion. Through her further studies of human anatomy with Leslie Kaminoff, Tom Myers, and Doug Keller she came across Clinical Somatics (Hanna Somatics). Being highly interested in functional healthy movement, she set out to apply the practice to herself in 2015. She found that Clinical Somatics managed to not only assist her in managing her existing chronic pains from injuries and surgery, but also provided her with much more effective movement to enjoy more of her life.

Commented [C1]: