

# HEALTHY DARWIN

## Weekly Activity 2025 Dry Season

### Yin Yoga

Yin Yoga is gentle and slow, holding poses supported by props for longer periods of time.

Based in Chinese Medicine principles and working with meridians, this feminine energy-based practice stretches and releases muscles and fascia and the 'stuck energy' we store there.

Meditative and contemplative, deeply healing and relaxing, Yin uses breathwork to help you connect deeply to your inner world.

**Sundays** 06 April - 28 September (excluding Easter Sunday)

**10:00am - 11:00am**

**Rich Life Health & Fitness**

1-3, 51 Marina Boulevard, Cullen Bay

No bookings required!

Instructor: Nadene - The Well Beings Space

**P** - 0422 158 942

**E** - [thewellbeingsspace@gmail.com](mailto:thewellbeingsspace@gmail.com)

To find out more about this activity,  
contact the instructor directly.

**Only \$5 per session!**



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