



## **Yin + Myofascial Release Workshop with May Lim**

**May: 4, 11, 18 & 25 (Saturday) Time: 1030-1230**

Join May Lim in a heart-centered & healing practice to release tension, recondition your fascia and recharge your body.

This workshop is designed for anyone who wants to release tension in their back, shoulders, chest and hips, increase flexibility & freedom of movement and recharge their depleted centers. This is achieved through Yin yoga, myofascial release, functional movement, breathe work and mindfulness, delivered in 4 weekly sessions.

4 weekly sessions with following focus:

May 4 • Session 1 - Back release and opening of back line

May 11 • Session 2 - Shoulders release and opening of front line

May 18 • Session 3 - Chest & heart release and opening of lateral & spiral lines

May 25 • Session 4 - Hips & groin release and opening of deep front line

## **What you will learn & experience:**

- Still & Long held Yin Yoga poses
- Myofascial release
- Explore moving along fascial lines, acupoints and meridians of Traditional Chinese Medicine
- Functional movement (Qigong & Gyrokenesis inspired movements)
- Reconnection with your body and feelings- “felt sense”
- Breath work
- Mindfulness

## **Workshop Cost :**

Total 8 hours all 4 sessions

Early bird by 18 April : HK\$2280

Regular Price : HK\$2720

Single Drop in : HK\$680

Early bird by 18 April: HK\$570

Non refundable.

Max Capacity : 12 Pax

Registration required :

Leave us a message here or register at [info@yogamala.com.hk](mailto:info@yogamala.com.hk)

## **About the teacher:**

May Lim, a lawyer turned healer and teacher, founded Heal with May to help people to release, reconnect and awaken their body, heart and mind. Drawing from the result of her lifetime of inner work, committed meditation and yoga practice, personal healing and transformation, May offers a heart-centered practice with functional movement for your holistic well-being and longevity, with key focus on fascial release and reconditioning. May spent 25 years in the corporate world, and after a profound awakening experience, she was inspired to transition from APAC Chief Legal Counsel to her true calling.

May has been a dedicated meditator and yogi for over 20 years.

She has accumulated 5,300 lifetime hours of meditation and completed 700 hours of yoga teacher training. She is a 5 elements Qigong practitioner, a trained macrobiotic chef, a certified essential oil reader and has an extensive knowledge on 5 elements meridians and organs, fascia, anatomy, neuroscience and and metaphysics.