



Yoga for Organ Health Workshop by May Lim

Breathe, Energise, Detox & Digest

Date: July 6, 13, 20 & 27 (4 Saturdays) Time: 10.30am - 12.30pm

About this workshop:

Your Body Never Lies. Are you feeling fatigue, water retention, lower back discomfort, tight chest & shoulders, can't digest, impatient, uninspired, insecure, anxious or perhaps you just want to exhale out loud? If so this may be your body calling you, telling you to just need to stop and slow down, rest and rebalance.

Join May Lim in a heart-centered & healing practice to nourish your organ health; and emotional & mental well-being. This workshop is designed for anyone who wants to:

- de-stress and release excess tension,
- boost organ health,
- balance negative emotions,
- harmonise the flow of Qi; and
- calm the mind.

Based on the 5 elements system and meridian (energetic pathways) system of Traditional Chinese Medicine (“TCM”), this is achieved by harmonising the flow of Qi (vital life force) in your body through Yang (dynamic spiral) practices, Yin (long-held + still) practices, myofascial release, organ purging breathe work and mindfulness delivered in 4 weekly sessions.

4 weekly sessions with following focus:

6 July • Session 1 : Breathe/Lungs + Heart. Improve breathing & blood circulation and balance anger & sadness.

13 July • Session 2 : Energise/Kidneys. Release lower back, fatigue and water retention issues and balance resentment.

20 July • Session 3 : Detox/Liver. Promote detoxification and balance anxiety.

27 July • Session 4 : Digest/Spleen. Promote digestion and balance insecurity.

What you will learn & experience:

- Overview of the relationship of five organs, five elements, five emotions
- Yang Dynamic Spiral (circular) practice (Qigong & Gyronkenisis-inspired movements)
- Yin (Still & Long held) practice
- Myofascial release on acupoints for organs
- Organ purging breath work
- Mindfulness

Organ health and emotional & mental well-being

Accordingly to the 5 elements system (metal, water, wood, fire and earth) and meridian system of TCM, the harmony of our organ system relationship is the key to our physiological, energetic, emotional & mental well-being. Each organ is like an “emotional body” as it sends out emotional expressions depending on whether the organ is balanced or not. For example, when our liver is balanced, we feel kind and flexible, and when imbalanced, we feel impatient and angry: we explode! When our kidneys are balanced, we feel gentle and creative, when imbalanced, we feel insecure and fearful: we hide! When our spleen is balanced, we feel safe and grounded, when imbalanced we worry and feel anxious: we freeze!

Healthy Qi = Healthy body, heart and mind

When we balance the flow of Qi in our body, we are also balancing our energetic, emotional and mental states. Therefore, the harmony of Qi flow in our body is essential in our organ, emotional and mental health. Healthy “Qi” is described as being both strong and mobile. Deficient Qi is when our Qi lacks strength and stagnant Qi is when our Qi lacks mobility. Both Yang & Yin practices will stimulate the mobilization of Qi. Slowing down and mindfulness in Yin practices will improve the quality of Qi as we allow our system to discharge excess tension. This discharge from our body is calming and balancing, and hence enhancing the overall quality of Qi.

What is Myofascial Release:

Myofascial release, similar to self-massage, involves still and long held practice with the use of lacrosse balls to unravel tension points . Benefits include:

- reconnection with your body
- release superficial and deep unspent energy, tension, stagnation and trauma in our body, leading in time to release and relieve on emotional, mental and energetic levels.

Workshop schedule:

July: 6, 13, 20 & 27 (4 Saturdays)

Time:10.30am - 12.30pm

Tuition:

Full Workshop : Total 8 hours

Regular Price : HK\$2720

Early bird by 14 June : HK\$2280

Single Drop in : Sessions 1, 2, 3, 4

Regular Price: HK\$680

Early bird by 14 June: HK\$580

Payment in cheque or cash only. Cheque payable to Yoga Mala Ltd.

Max Capacity : 12 Pax

Registration required, please email : info@yogamala.com.hk

Reminders & To bring:

- Required to bring your own 2 lacrosse or tennis balls
- Mats & Towels are provided but you are welcome to bring your own
- Please eat at least two hours before class. Practice with full stomach is not recommended
- Please arrive 5-10 mins before class.

Refunds/Cancellation:

No refund, if one class is missed, can choose any one schedule class to attend.

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 metaphysics. May teaches private, corporate, public classes and workshops in English, Cantonese and Mandarin.

More on May, please visit