

# Spiral Yin Yoga Workshop with May Lim



**Oct 12, 19, 26 & Nov 2, 2019 @ Yoga Mala**  
**Time: 10:30 - 12:30**

**Spiral + Upper Body - Oct 12**

**Spiral + Spine - Oct 19**

**Spiral + Legs - Oct 26**

**Spiral + Hips - Nov 2**

## **About this workshop: Open to ALL levels**

Join May Lim in a heart-centered & healing practice to move in alignment with the spirals of life, nourish your fascia and bones health and balance your emotional & mental well-being.

This is a 4-part Workshop comprising a balanced yin (still) and yang (movement) practice. The Workshop is designed for anyone who wants to:

- Increase flexibility and hydration of your spine and joints
- Strengthen fascia and bone health (by stimulating collagen production and elasticity of fascia cells)
- De-stress and release stuck tension
- Open chest and heart

- Awaken your spine
- Develop "Felt sense" – the ability to sense your body
- Cultivate mindfulness in movement and stillness.
- Harmonise the flow of Qi in your body

### 4 weekly sessions with target area focus:



This Workshop is comprised of dynamic spiral practice (Yang) and still & long held practice (Yin) with the use of lacrosse balls (myofascial release "MFR").

This workshop will be delivered in 4 parts on a weekly basis with (i) spiral movements and (ii) Yin + MFR on the following target area on each week:

- **Spiral + Upper Body - Oct 12**
- **Spiral + Spine - Oct 19**
- **Spiral + Legs - Oct 26**
- **Spiral + Hips - Nov 2**

It is highly recommended that you attend the entire workshop for an effective full body practice and release, as the fascia network is one connected Web, and one restriction in one area will affect another area. However, single part attendance is also welcome.

### What you will learn & experience:

- Dynamic Spiral movement practice, inspired by Hatha Yoga, Qigong & Gyronkenisis (Yang practice)
- Increase awareness of moving your body as one connected web (not isolated parts)
- Still & Long held poses (Yin practice)
- Myofascial release
- Cultivation of Felt Sense
- Mindfulness

### Dynamic Spiral Practice



When we move in spiral movements, we are moving in alignment with the vibration of very core of nature and foundation of life. Have you observed all the spirals in nature?

Dynamic spiral practice (inspired by Hatha yoga, Qigong, Gyrokynesis and continuous movements ) involves explorative movements to stretch and move the spine by folding and unfolding, evoking the natural wave-like spine undulation movements into our body.

The unqiue quality of a spiral practice lies in the three-dimension (3D) spiral motion, different to the more limited one-dimension (1D) linear motion and two-dimension (2D) circular motion. This practice strengthens the entire myofascial and cardio-respiratory system, and optimises the flow and harmony of Qi in our body

## What is Fascia



Fascia is not just a new buzz word, it is a one of the most phenomenal scientific discoveries which changes everything!

Fascia is a network of connective tissues which wraps everything in our whole body, from bones to muscles, cells to organs. It is our 'body stocking' that keeps all parts of the body in place. It facilitates movement, posture, balance, communication, and helps us cope with pressure of gravity. Enhancing fascial elasticity and hydration is essential for our well-being and longevity. Practicing functional movement, yin yoga, and myofascial release regularly will give you juicy fascia and supple joints!

## What is Myofascial Release

“Myo” means muscles so myofascial is a term to mean our muscles and fascia as one. 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: 4 Saturday**

**Time: 10.30am to 12.30pm**

- Part 1 : 12 Oct 2019
- Part 2: 19 Oct 2019
- Part 3: 26 Oct 2019
- Part 4: 2 Nov 2019

**Tuition:** Full Workshop package: Total 8 hours all 4 sessions

Early bird by **11 Sept: HK\$2280**

Regular price: **HK\$2750**

Single Class: 1 (2 hours) session

Early bird by **11 Sept: HK\$580**

Regular price : **HK\$700**

**Registration required: Max Capacity: 12 Pax**

To register please email: [info@yogamala.com.hk](mailto:info@yogamala.com.hk)

Payment in cheque or cash only.

Cheque payable to Yoga Mala Ltd.

**Refunds/Cancellation:**

No refund, can transfer to normal schedule.

If one class is missed, can choose any one scheduled class at Yoga Mala to attend.

Terms and conditions apply.

## 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 10-15 mins before class



## 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 [www.healwithmay.com](http://www.healwithmay.com)

## **Workshop Location @ Yoga Mala**

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15-17 Wyndham St., Central, Hong Kong

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