

YOGA WITH SARAH JUNKIN

QUEEN ST HEALTH COLLECTIVE



YIN YOGA

Yin yoga is a meditative practice with an emphasis on staying in forms/shapes in relative stillness, with breath, for some time (usually 2-5+ minutes) often supported with the skillful use of props when beneficial. Stillness and attention are prioritized above achieving a pose. Classes will provide balance to our energetic and nervous systems and bolster our spirits as we are guided towards a night's rest and repose.

YOGA FOR EMBODIMENT

Classes will focus on balancing, movement and stillness to support finding the individual rhythms of flow. Students are invited to find play, freedom, and a felt experience of the body, mind and breath. Individual attention and cueing is offered to encourage a deeper understanding of the poses and concepts taught.

- Classes are open to all levels
- Full session registration and class drop-ins available
- Please contact 306-230-7697 or junkin.sarah@gmail.com
- <https://queenst.health/>

Sarah (BSc MSc Kinesiology) began teaching in 2002 and completed a 3 year teacher training program in 2007 with internationally renown yoga teachers. She has pursued extensive continued education and has acquired additional training in Yin Yoga and Women's Yin Flow Yoga Buddhist Meditation. She is currently exploring study with Mariko Tanabe (Body Mind Centering®) and Tias and Surya Little (Prajna Yoga + Healing Arts).

