



Yin Yang Chi Flow Yoga

Energy flows through the body via invisible pathways. If a pathway becomes blocked it creates imbalances in both the body and the emotions. Join Lynley in a flowing yoga class that explores Yin Yang energy and stretches and massages the meridians to create a balanced and revitalized body, mind and spirit. Leave the session feeling energised and balanced.

Lynley has been presenting nationally and internationally for over 15 years and anyone who has done her sessions love her presentation style and sense of humour. Not only does Lynley have a Diploma of Remedial Massage and Remedial Therapy and has been practising for 11 years, she is also Master Trainer for ChiBall™ and teaches and trains teachers in the Pilates technique.



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