

# MICRO-YOGA ADVANCED WORKSHOP

**A Unique approach to Yoga and self-bodywork that brings together hands on techniques with Asana Yoga**

*Learn about self-application of yoga and bodywork. You'll use hand manipulation, holding, stretching, twisting, leveraging, pressure and pulling techniques.*

*Bring your personal yoga routine and get feedback on how to use these principles and techniques to accelerate your yoga practice and the transformation of your body-mind.*

*Keyvan will share insights of a 40 year practitioner of yoga with 25 years of bodywork and Qi Gong.*

## **Learn:**

- *Mechanics of Conductivity*
- *Meta-physiology and dynamic anatomy*
- *About Myofascia system, Sinews, Meridians*
- *How to use posture and alignment as guides*
- *Hand and pressure techniques, movements methods*

*This workshop is intended only for those with intermediate to advanced yoga experience. Experience in bodywork or massage a recommended.*

**November 4th - YOGAMARAIS**  
**72 Rue du Vertbois**  
**[www.NewWorldMedicine.net](http://www.NewWorldMedicine.net)**

*Keyvan Golestaneh, M.A., L.Ac., practices classical Chinese medicine, acupuncture and Structural Bodywork. He is a psychotherapist, a practitioner of Jin Shin Do® and Qi Gong. Golestaneh is a master-level registered yoga teacher and therapist.*

[www.NewWorldMedicine.net](http://www.NewWorldMedicine.net)

