

Hello,

I can't believe that May is here ! Before we head off for the summer, I would like to invite you for the next Awareness Series Workshop.

Yin for Qi & Spine Health
Sunday, 11th of June
17h - 19h

One of the things I have learnt from my experience are :

- You should give yourself the same kindness you give to others
- Take care of your body so that your body will take care of you
- Most people do not know how to breathe properly and have lower back problems

My next special guest is a dear friend, Dr. Heather Olson Marchand. She is an American Chiropractor and certified nutritionist. She had her clinic and thriving practice in the US before settling down in France with her family.

Heather will intervene for the first 15 minutes of the workshop. She will be sharing her insights and experiences on how to keep your spine healthy.

The workshop will be followed by my signature Yin practice to gently stretch your spine in 6 directions and to rebalance your Qi (energy in your body).

All you have to do is to take a pause from your busy life to :

- Show up for yourself
- Learn how to breathe properly
- Gently stretch your spine
- Rest to release tension in your muscles
- Restore your body by activating your “rest & digest” nervous system

Be prepared to feel rested, balanced and in harmony with yourself.

I can't wait to see you at the workshop !

Namaste,
Siew Yue