



## ***JingJin Yoga***

with Debby Valentine Smith & Teddy Piotrowski

**Thursday January 23, 2025**

**6:30-8PM \$25/student**

In this *online* class we will learn about the (*JingJin*) Fascial Tendinomuscular Meridians and an approach to basic yoga stretches that stimulates and opens these pathways of Qi - known as "prana" in yoga.

\$5 off printed book- - code: JJYHoliday  
<https://store.bookbaby.com/book/jingjin-yoga>

Discover awareness with the use of breath and movement along these channels to unravel the tension and fascial restrictions associated with physical, mental and emotional stress and deepen your attunement to the subtle body.

We will explore how yoga students can incorporate the releasing power of these meridians into their daily practice for self-care.

**Included in this class is a 26 minute *JingJin* Yoga practice.**

**\*Bring A yoga mat, flat surface (floor or bed), armless chair, 2 blankets, 2 bed pillows, and an open mind**

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**Space is limited. To reserve a seat for the January 23rd class-Payment Options:**  
**Greater Harmony accepts personal checks or Venmo (online payment).**

Please send checks to:  
Barbara "Teddy" Piotrowski  
PO Box 222  
25 S. Haddon Ave.  
Haddonfield, NJ 08033 or

VENMO: @Barbara-Teddy-Piotrowski (cell ending in 4018)

Name \_\_\_\_\_  
Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_  
Email \_\_\_\_\_ Phone \_\_\_\_\_

**contact: [devasmith2015@gmail.com](mailto:devasmith2015@gmail.com) [greaterharmony@gmail.com](mailto:greaterharmony@gmail.com)**