

yoga & acupuncture

Merging two ancient modalities in one balancing and healing workshop



Yoga & Acupuncture are holistic practices that work with the body, mind and spirit to bring you back into balance and to help you find inner peace.

Join Katie and Miranda as they merge these two ancient practices in one fantastic workshop.

The session will start with a discussion on yoga and acupuncture. Learn about the ancient wisdom contained in these practices that is still relevant in today's modern world.

Following this, Katie will skilfully guide you through a yoga practice designed to open your body, soothe your mind and prepare you for an extended Shavasana. During your meditation you can bliss out while Miranda strategically places acupuncture needles helping you relax and release.

YOGA

Yoga works physically to increase mobility and build strength; energetically to stimulate the flow of energy and remove blockages; and mentally to clear the mind and alleviate stress. Yoga incorporates a combination of movement, breathing and meditation to achieve this.

ACUPUNCTURE

Acupuncture works by initiating the body's natural healing capacities via the insertion of fine, sterile, single use needles into specific sites along the body's energy pathways to clear blockages, encourage the normal flow of Qi and thus restoring homeostasis or balance.

Katie Garnett - KatieYoga Yoga Therapist, Teacher and Teacher Trainer

MProfComms, GradDipEd(Sec), BA(Multimedia Design), DiplVTngAssmnt, CertIVTngAssmnt

Katie Garnett is Yoga Teacher, Yoga Therapist, Yoga Teacher Trainer and Vice President of Yoga Australia. Katie is passionate about mental, physical, social and emotional wellbeing. She strives to empower individuals with knowledge and strategies to take charge of their health and wellbeing. Katie teaches alignment-focused yoga through which she interweaves yogic philosophy and teachings. She structures her classes around specific learning objectives to enhance her client's experience, and deepen their yoga practice and knowledge. Katie's interests include ensuring yoga accessible to all ages and abilities, using the practice to build strength and stability, offering a sustainable yoga practice and fostering community around the practice of yoga.

Miranda Yates - Dunsborough Acupuncture Acupuncturist & Traditional Chinese Medicine

BHSc Acupuncture, DIP (An Mo Tui Na)
Chinese Remedial Massage

Miranda Yates is a passionate and dedicated practitioner of Acupuncture and Traditional Chinese Medicine. Miranda was initially introduced to Acupuncture via her mother at the age of 9 and has since spent the last 21 years receiving, studying, living and practicing the medicine. Miranda has extensive clinical experience successfully treating a wide range of conditions however her special interests involve; Women's, Fertility/Gynecological issues, Musculoskeletal problems, Pain management and Mental-Emotional imbalances.



katieyoga
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