

about your practitioner

Asia Shin holds a certification in Phoenix Rising Yoga Therapy. Her practice offers an holistic approach to therapy, combining elements of body-mind psychology, ancient yoga postures, and the specific needs of each client. Asia uses a variety of techniques including conscious breath work, body awareness, guided meditation, supported yoga postures, and client-centered dialogue. Her approach honors the inner process of each individual, and she supports her clients by creating a safe, supportive space for them to be fully present to their experience.



Asia has been a student of yoga and meditation since 1996 and a yoga instructor since 2001. She teaches classes (Classical Hatha Yoga, Ashtanga, Partner Yoga, and Children's) and private lessons (one-on-one and/or group) to all levels/ages. She also offers a yoga weekend retreat once a year.

"Asia is a wonderful practitioner! I am learning a less stressful and more mindful approach to life. Every session with Asia is a unique journey to self-discovery and awareness of mind as well as body." —Joanna Kawula

"Phoenix Rising Yoga Therapy helped me achieve true meditation. Asia gently led me through profound levels of emotions deep inner peace. I discovered great inner strength and learned to trust myself. I am better prepared than ever to face the challenges of life. I cannot speak highly enough about the power of Phoenix Rising Yoga Therapy with Asia as a guide." —Kathy Doede

"Empowering! I am on the path of self-discovering and enlightenment." —Leanna Hewson

"Phoenix Rising Yoga Therapy enables me to get in touch with myself and helps me to stay on track. I found having a witness (Asia) is a very powerful tool for healing and growth." —Dawn Nichol



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Everything you need to know is inside of you.



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