



YIN YOGA

10 Week Session

September 26 - December 5

(no class Oct. 10)

Sundays 10 - 11:30 am

In this style of yoga, we use long-held floor poses to gently stretch the deeper connective tissues of the body, thus increasing range of motion in our bodies, especially at our joints.

Yin yoga poses are usually held between 1-5 minutes, with an emphasis on compassionate allowing of our bodies' limitations and the intention to observe our moment-to-moment experience.

This style of yoga is especially beneficial if you are looking to balance out an active (or yang) practice or lifestyle, if you wish to create greater ease of movement in your body, or perhaps are preferring a more contemplative practice.

\$135 + hst

Pre-Register at 705- 662-1359 or www.yogasudbury.com
or at 61 Elm Street, Upstairs Sudbury

** 1 year members welcome to pre-register at no extra cost **