



## Yin Yoga Workshops

Sundays,  
 2:30 to 4:00 pm  
 Sept 11, Oct 16, Nov 13,  
 Dec 4  
 Sandy LeBlanc

### Yin Yoga with Restorative for a truly wonderful un-doing!

Looking for a deep stretch & release of some aches & pains? **Yin Yoga** moves you carefully, safely into traditional Hatha postures using support for the joints, holding for time (3 to 5 min, or more) to give the muscles, connective tissue, tendons & ligaments the time needed to release.

This also signals your nervous system, hormonal system (esp. adrenals) and digestive system to calm down and move toward homeostasis. **Yang Yoga** is interspersed to balance energies and mental awareness. Finish with **Restorative Yoga** to ensure all physical, mental & emotional tension has melted away.

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|----------|-----------|
| 1. _____ | 9. _____  |
| 2. _____ | 10. _____ |
| 3. _____ | 11. _____ |
| 4. _____ | 12. _____ |
| 5. _____ | 13. _____ |
| 6. _____ | 14. _____ |
| 7. _____ | 15. _____ |
| 8. _____ | 16. _____ |

**Cost: \$35 + hst per person, or two or more for \$30 each + hst.**