

YIN YANG YOGA WORKSHOP

Join Yin Yao for an exploration of the yin practice. This workshop will compare the seated/supine method to the more active, standing flow. With longer holds in this more passive practice, we will deeply access the body's connective tissues. From this two hour workshop, you will gain an understanding for how this style can enhance your existing practice.

Sunday
9/30/2018
11:30am-1:30pm

Spa 23/BeYoga
Member: \$25
Non-Member: \$30

See Member Services or sign up online:
www.spa23.com