



YIN YOGA WORKSHOP

YIN and YANG forms of yoga balance us emotionally and mentally.

YIN soothes and calms us and YANG invigorates and refreshes us.

The modern world is very Yang. Constant - Go, go, go...ambition...competitive...

Join *Leigh Irwin* and experience more passive postures to access deeper tissues of the body. Learn how YIN Yoga can help bring balance to an overly Yang lifestyle.

Compassion. Contentment.

SUNDAY
FEB. 10, 2019
11:30AM-1:30PM

YIN ATTITUDE

LEARN:
AWARENESS
TO RELAX
TO BE STILL

SPA23 / BEYOGA

MEMBER: \$25

NON-MEMBER \$30

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