

YOUR LOGO
HERE

INTRO TO YIN YOGA

with guest Instructor, Melissa Kleehammer

SEPT 30
2-4 PM

Within the silence and stillness of a passive Yin practice, work through the distractions and discomfort of your mind and body, offering you a challenging, but rewarding practice!



WHAT IS YIN YOGA?

Yin Yoga is the opposite of Yang (or active) yoga that you're used to. It is a gentle stress of the muscles and connective tissue that cause us pain as we age.

WHY PRACTICE YIN?

Yin Yoga offers greater range of motion, younger looking skin, a new way to release toxins, renewed feelings of non-attachment and contentment, and greater respect for your body!

In this workshop, we will hold floor poses for 3-5 minutes and you will feel:

- Greater flexibility
- More range of motion
- Less aches & pains in your spine, hips & knees
- Mental clarity
- Renewed energy
- Comfortable in your own body!



"I loved how Melissa wove in the science and theory of Yin during the holds. It was not only interesting, but helped me stay with the pose and stay (mentally) engaged."

~ Kc R. Yoga Student

Register by 9/2 for \$
Members \$

Register at www.yourstudiowebsite.com

Melissa fills her classes with alignment cues, anatomy tips, yoga philosophy & meditation techniques to help you to deepen your relationship with your Divine & your higher Self.