

YOUR LOGO
HERE

THE YIN WITHIN: A MEDITATIVE PRACTICE

with guest Instructor, Melissa Kleehammer

SEPT 30
2-4 PM

Melt away your stress, restore your nervous system and improve your meditation practice, feeling lighter, a new sense of freedom and inspiration to realize your dreams.



Poses will be paired with pranayama, music, mantra, mudras and meditation as a new way to express yourself and experience the poses on a deeper level! Every pose offers a different intention and challenge for your physical, mental and emotional body, so this pairing allows you to tap into the deep well of spirituality and inspiration within.



WHAT IS YIN YOGA?

Yin Yoga is a gentle stress of the muscles and connective tissue that cause us pain as we age. Floor poses are held for time to promote greater range of motion, flexibility and healthier joints, ultimately feeling more comfort and ease within.

As a person fighting an autoimmune disease, I love this passive awesome practice. It fits perfectly, getting into my tissues and muscles plus it settles my mind."

~ Kelly C.

Pre-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.