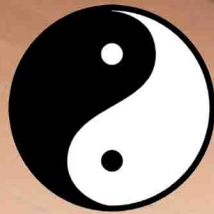


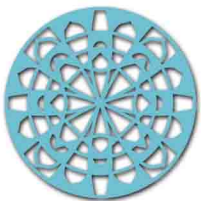
Yoga for the Immune System



*Sunday, Jan 3rd, 2 - 4 pm
Pacific Edge Climbing Gym
\$20 members, \$25 guests*

Prepare to return from the holidays to school and work by learning a series of yin yoga postures that boosts the immune system and can help prevent illness. The yin practice is restful and receptive, so it can be performed safely in sickness and in health. Students will receive a handout of the sequence for use in home practice. Make yoga a valuable part of your home medicine kit . . .because flu season can last until April!

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831-332-1509



Delana Thompson has been teaching yoga in Santa Cruz since 2005 and studying yin yoga with Sarah Powers since 2007. She was voted Good Times Best Yoga Teacher for 2009. Recently, Delana avoided an impending illness with help from a yin yoga session. She looks forward to sharing this therapeutic practice with you.

