

Yin Yoga

Nourishment for a Changing World

Yin Yoga provides poses that can be held for longer periods of time - 5 minutes or more - so as to nourish the joints and stimulate a healthy flow of energy through the meridian and organ systems. When accompanied by Buddhist mindfulness practice, one learns to accommodate changing circumstances and shifting emotions with an attentive mind, courageous spirit, and compassionate heart. No experience necessary.

Sunday, Sept 14th, 4-6 pm

Pacific Edge Climbing Gym, 104 Bronson St

Guests \$30, Members \$25

To register call 831-454-9254



More info at:

www.YogaWithDelana.com

