

Friday Evening Yin Yoga and Meditation

7:00pm ~ 9:00pm

Fall, 2009

This once-a-month class highlights meditative awareness in asana. Practicing within the yin style, we hold poses for some time moving into our body through deep listening, sensing and feeling. Our joints and connective tissue receive an enhanced flow of prana and our mind and hearts find a place to rest. Following the yin session, we will practice pranayama and move into seated meditation. Music is used intermittently to soothe and open our body/mind. You will leave class feeling more connected to yourself, the earth and others.

Classes meet from 7 ~ 9pm on:

September 11

October 9

November 13

December 18

Tuition: \$80/series or \$22 class.

Location: The Yoga House

Attendance is limited to 10-- pre-registration is required

To register, please call Shannon: (206)362-8517