

Friday Evening, Yin Yoga and Meditation

7:00pm ~ 9:00pm

Spring/Summer, 2010

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:

May 14

June 18

July 9

August 13

Tuition: \$20 class.

Location: Two Dog Yoga www.twodogyoga.com

Pre-registration requested annie@twodogyoga.com.

Questions? Please call Shannon: (206)412-8784

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