

Friday Evening Yin Yoga and Meditation

7:00pm – 9:00pm

Fall, 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:

Two Dog Yoga

12549 28th Ave. NE

Sept 17, Oct 8, Nov 12, Dec 10

Yoga House

Pinehurst

Oct 29, Nov 26

Tuition: \$20/\$22 class.

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

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