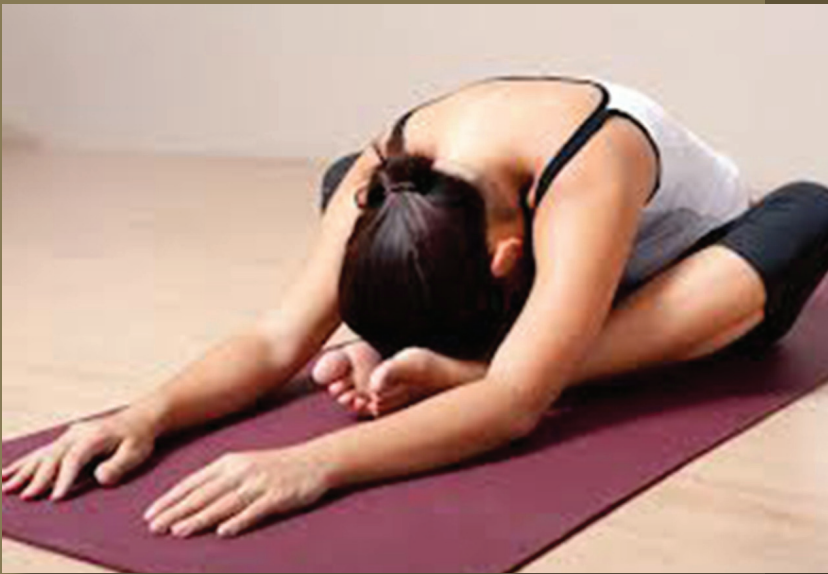


# Yin Workshop

*with Sheila*



Challenge yourself in a new way and experience a sense of lightness, freedom and balance as you drop into the stillness of long-held, seated poses that target the joints and ligaments and enhance flexibility at the core of the body, specifically the hips, pelvis and lower spine.

**SUNDAY**  
**November 10**  
**12:00 – 2:00 pm**

**Cost: \$25**

This workshop qualifies for teacher CEU's

Through Asana practice  
Students & Teachers will learn:

- History & Theory of Yin Yoga
- Benefits of Yin Yoga — Why practice Yin yoga?
- Incorporating Yin poses into your practice
- Sequencing Tips
- Resources

