



FOR HIP JOINTS
& LOWER BACK

WITH
YONAH

SUNDAY
JANUARY 29, 2012

2:00-4:30 PM
POUGHKEEPSIE

MEMBERS \$35
NON-MEMBERS \$50
PRE-REGISTRATION REQUIRED
AT FRONT DESK OR CALL
452-5050



YIN IS THE YOGA OF REJUVENATION FOR INCREASED FLEXIBILITY AND MOBILITY

When we slow down, we find the space in the present moment to experience subtle changes that allow each yoga pose to come into full bloom.

By holding simple postures, we become better attuned with how the mind, breath, and emotions influence each pose.

With the breath, we calm the mind, and become that spaciousness through the actual softening of connective tissue, and increased fluidity of movement in our joints, tendons and ligaments.

Open to all levels. Very beneficial to runners, those who weight train, and anyone who wants to feel greater flexibility and mobility.

Please wear warm, comfortable clothing, and bring a yoga mat, blanket and towel.

