



RELEASE & REJUVENATE YIN YOGA



Join Brenda for this relaxing Yin Yoga class designed to help you find mind-body balance. Yin Yoga is a slower-paced style of Yoga that works the body through the practice of postures, breath, mental focus and awareness by holding the poses longer. Yin Yoga encourages the body to relax rather than to engage. This slow approach helps liberate the body's chronic holding patterns, relieves pain and can enhance range of motion to relax your body's fascia. Yin Yoga is a wonderful practice for everyone – from those who are new to yoga to those looking to enhance their current yoga routine.

WHEN: Wednesdays, January 6 – April 28

TIME: 6:30pm–7:00pm

FREE to Y Members

*Yoga Flow starts at 6pm on Wednesdays. Come for one or stay for both classes.

Union County Family YMCA * 1150 Charles Lane * Marysville, Ohio 43040

937-303-9285 * www.unioncountyyymca.org

