

Yin Yoga

6 Week Series



Mondays 5:45 – 6:45 p.m.

January 9, 16, 23, 30 and February 6, 13

Come experience a calm and peaceful style of yoga in which seated poses are held 3 – 5 minutes, releasing deep connective tissue in the body. Basic yoga breathing techniques, aromatherapy and guided meditation will also be incorporated. Open to all levels.

Space is limited – register early

Cost for series is \$55

Class by Jen Strating, Registered Yoga Teacher

At Wholeness Center 2620 East Prospect Road, Suite #190 Fort Collins, CO

Register in advance at 970-221-1106



Wholeness Center