

**NOV.
23/24**

10:30-1200

1:30 -3:00

The body benefits
from movement, and
the mind benefits
from stillness.

Sakyong Mipham



FUN - DA - MENTAL YIN YOGA WORKSHOP

Judy Grier RN, LMT, E-RYT 500 & Robin Drury RYT-500

Yoga East Healing Arts Studio

Yin Yoga targets the connective tissues of the hips, pelvis, and lower spine.

Suitable for all levels it is a perfect complement to more active styles of yoga. Yin yoga activates specific “energy lines” called meridians, in the body that promote wellness to various organs, glands and tissues of the body as well as promoting mental and emotional balance. In this workshop we will explore the Four Fundamental Yin Meridians and the Four Pillars of Mindfulness. Join us for one session or all four for a weekend of detoxing and letting go and awakening to gratitude within. Register for the workshops sessions at the link below.

<http://yogaeasthealingarts.com/yoga-and-meditation-class-schedule/>