

# *Yin Yoga Class*

## *Chakra focus & Reiki energy*

### *Balance Body, Mind, and Spirit*



- **THIS SPECIAL CLASS**.... will use specific Yin poses, guided meditation, toning, and vibration to focus on each Chakra, as well as hands on Reiki energy and adjustments to deepen relaxation and assist internal balance.
- **CHAKRAS**.... Each Chakra has its own set of functions. Focusing on each Chakra can help us gain insight into something that requires our attention and assists in bringing our lives into harmony, balance, and discover a deeper understanding of ourselves.
- **REIKI**.... This ancient Japanese methodology uses energy to balance the body and mind. The most common experience is an almost immediate release of stress and a feeling of deep relaxation.
- **YIN YOGA**.... A gift of the Yin Yoga practice is time. Time to work on our body's connective tissue, examine sensations, and let go and let flow.

Register Now  
843-839-9636  
or online  
under Events  
[www.yogaincommon.com](http://www.yogaincommon.com)

Led by Nita Nichols  
and Reiki Master  
Margueritte Mazza  
All levels welcome

**\$27 - \$40**  
**Sliding Scale**



**Saturday, January 5, 2019**

**Time: 6pm - 7:30pm**