

# Yin Yoga Workshop

with Melissa LaScaleia

A yin practice is subtle, revealing, deep, quiet. It's a journey deep within our bodies to release what is held in our connective tissues and joints at the physical as well as emotional level. With yin yoga, we revitalize what is neglected. We grow in self love and compassion. Yin is revered as a full practice on it's own. As a compliment, it brings balance to those with a steady Ashtanga and Power practice, as well as the less mobile.

Sunday December 4, 6-7:15pm

\$10



Honoring your Essence