



YIN YOGA

Sign up at the studio or
call 419-576-6052

Donna always brings great technique and new ideas for your practice!

The essence of Yin Yoga is to surrender.

Yin is a wonderful balance to the more strengthening side of a yoga practice.

Yin Yoga focuses on long holds and postures to lengthen the muscles and connective tissues that surround the joints.

It restores energy and calms the nervous system. Appropriate for all levels of students.

CALL FOR MORE INFORMATION!

\$15.00 for the 90 minute session

*Yoga with Donna Seed Coming
Thursday Dec 12th
7:00 to 8:30*