

Yin Yoga & Massage Workshop

Join Jasmin Cromwell and Tamara Grable
Monday April 2, 2012 7:00pm - 8:30 pm
Fraser Activity Center 34935 Hidden Pine
(Off 15 Mile West of Utica)
\$25 per person, limited space available,
so register early!
Contact Jasmin: 586.201.0781

Yin Yoga is a gentle practice that works to slowly and deeply stretch the connective tissue focusing on the hips, lower back and pelvis. The poses are held for 3-5 minutes, allowing the body an opportunity to soften and let go of tension.

Yin Yoga is beneficial for yoga students at any level.

While you are in the process of letting go, Jasmin and Tamara will offer mini-massages to further your state of peacefulness!

*Please refrain from eating anything 2 hours before class.
Wear comfortable clothing and bring your yoga mat!*

