



YIN YOGA WORKSHOP -- PRESENTED by TARA HOUSE
Enjoy your Thanksgiving Feast and then shoo the post-feast lethargy away!
Re-engerize with ease and effectiveness at Tara’s post-Thanksgiving Yin Yoga Workshop!

Suitable for all levels!
Sunday, November 25th
2:30-4pm

The 90-minute *yin yoga* practice Tara leads you through will penetrate deep into your connective tissues, expanding flexibility and simultaneously invigorating the meridians (energy channels) of your body to release blockages and increase the flow of vitality and health. This sweet practice focuses on longer held poses made comfortable and accessible with the use of props, Pranayama and mindful awareness of sensation to create a beautifully deep & rewarding experience.

SUNDAY, November 25th, 2:30-4pm
Early Registration by November 24th: \$25
Drop-in November 25th: \$30

Early Registration Form –Yin Yoga Workshop
 Shakti Yoga Center, 3 Victory Blvd, Staten Island, NY 10301
 Sunday, November 25th, 2:30-4pm

Name(s): _____ Email /Phone (required): _____

Check or cash amount enclosed _____ (Credit cards not accepted)