

Yin Yoga Intensive

With Ellen Mosko @ WE

Friday, February 2

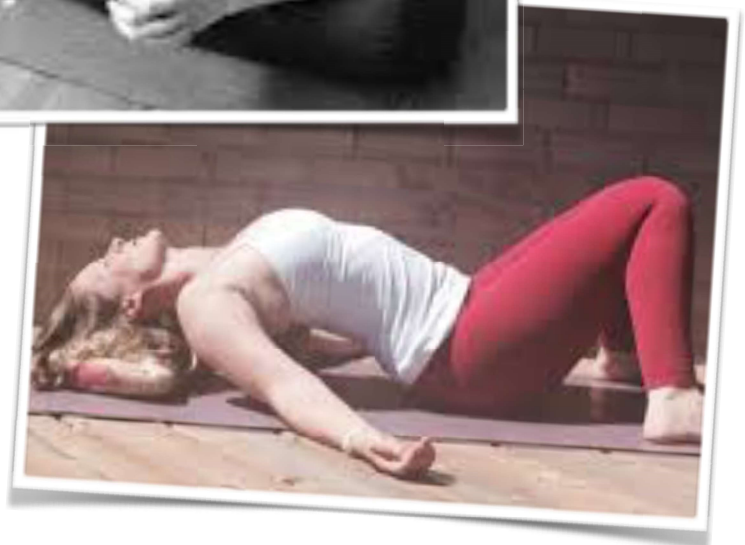
6:00p - 9:00p

\$45

& Saturday, February 3

11:30a - 6:30p

\$105



"This practice is designed to help you sit longer, and more comfortably, in meditation by stretching connective tissue around the joints (mainly the knees, pelvis, sacrum, and spine). A passive practice, Yin Yoga involves variations of seated and supine poses typically held for 3 to 5 minutes, accessing deeper layers of fascia." -YJ