

ELEMENTAL VIN *to* YIN

• • YOGA NIDRA & SOUND JOURNEY • •

Move with the season. Rest into your essence. Remember your rhythm.

THIRD TUESDAY
of Every Month

7:30 - 8:30 PM

STARTS
TUESDAY
APRIL 21ST

AIR
Breath
Movement
Freedom



FIRE
Passion
Transformation
Energy



SPACE
Awareness
Stillness
Expand



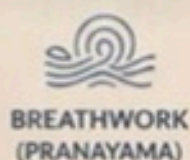
EARTH
Grounding
Nourishment
Stability



WATER
Flow
Emotions
Release



A MONTHLY 60-MINUTE RITUAL TO ALIGN WITH THE SEASONS
THROUGH THE WISDOM OF TCM & AYURVEDA



Each month we'll explore the element most present in the season, guiding you through movement, breath, mantra, meditation, and sound to help you flow with nature—and your own inner landscape. You'll leave with simple practices to carry with you all month long.

Come as you are. Leave grounded, restored, and inspired. ♥

COST
\$20

STARTS TUESDAY, APRIL 21ST
THIRD TUESDAY OF EVERY MONTH AT 7:30 PM

WEST END YOGA CENTER
2313 W Highland Street, Allentown PA 18104

