



YIN TO YANG

wednesday nights

5:30 to 6:45 pm with Sofia Frasca

- ✧ class begins with *traditional yin yoga* on a cool body
- ✧ holding these yin postures longer allows you to safely release your myofascial tissues (the connective tissue that protects your muscles + bones)
- ✧ in this traditional yin yoga practice you can correct muscle imbalances, improve joint mobility, and invite a deeper level of mindfulness to your mind-body as you dance with your edge
- ✧ to bring balance, class will round out with an *active yang flow* and always end with guided savasana and crystal singing bowl



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