

Yin Yoga Bonus!

By popular request, I am offering a bonus Yin Yoga class in October!

Yin Yoga targets our connective tissue, particularly the fascia of the hips, pelvis and lower spine. This class is the perfect complement to the dynamic, yang styles of yoga that focus on our muscles. This is a great class for those with joint issues and injuries, or for anyone wanting to increase flexibility and deepen their practice through a passive, although sometimes intense, form of yoga. After experiencing Yin Yoga, you will realize that you have been only doing half of your asana practice!

Appropriate for all levels.

Sunday, October 14th | 2:00-4:00pm | \$25
Call 303.652.0463 to Register



Asha Wolf holds a Doctorate in Physical Therapy and has been teaching yoga for over 20 years. She has a private practice specializing in chronic pain management.

STUDIO



2077 30TH ST., BOULDER
WWW.STUDIOBEYOGA.COM