

Yin Day Retreat

with *Asha Wolf, DPT, CMA*

Come with me and get away for a day of Yin Yoga at Silk Road Studio just outside of Boulder! The retreat consists of two 3-hour Yin Yoga practices with an hour break for lunch. Yin Yoga features gravity-assisted poses that are held for about 5 minutes each with guided visualizations to carry you through. My popular psoas release and pelvic floor meditations will be included! Silk Road Studio is nominally in Hygiene but closer to Lyons, just a short drive from Boulder and feels like an escape for the bustle of our little burg.



Asha Wolf holds a Doctorate in Physical Therapy and is a Certified Movement Analyst. She brings to her yoga teaching over 20 years of exploration of our internal landscapes through anatomy, physiology, movement and a variety of body-mind modalities. Her teaching style is direct, clear and accessible with a nurturing hands-on approach.



Sunday, May 17th 9:00am - 4:00pm

at Silk Road Studio in Hygiene, CO - \$120

Space is limited. Pre-registration is required.

Contact Asha at (303)652-0463 or asha@wolfyoga.com