

lunar yin yoga

a 3 week yin yoga series
mon/wed/fri 7/5-7/23 7-8:15 am
sliding scale \$90-\$108, pre-registration required
sorry, no drop ins

Yin Yoga targets the connective tissue of the body, which responds to slow, gentle, persistent stretching. We typically spend 3-5 minutes in each supported pose, gently melting into the tight places and inviting them to unwind.

The benefits of this practice include increasing the range of motion in the joints, and improving the flow of energy through the meridians, resulting in a feeling of more "space" in the body and more overall vitality. The poses are simple and generally accessible to all bodies, regardless of past yoga experience -- all are welcome.

While we hang out in the poses, **Emily will share her astrological insights about the current phase and sign of the Moon.** Knowing where the Moon is helps us "go with the flow" instead of "pushing the river," which is what this practice is all about!

Emily is a writer, astrologer, a BodyTalk practitioner, as well as a yoga teacher. She has a background in creative arts - writing, painting and movement.

More about Emily at
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