

# Yin Yoga

Wed 7:30-9 pm & Fri 6-7:15 pm

(\$14 drop in or use your class package)

Yin Yoga targets the connective tissue of the body, which responds to slow, gentle, persistent stretching. **The benefits of this deeply relaxing practice** include increasing the range of motion in the joints, and improving the flow of energy through the meridians. As a result, you get a sense of more “space” in your body and more overall vitality. **The poses are generally simple and accessible to a range of body types and experience levels.** *All are welcome.*

**Todd Williamson** is co-owner of OmBase and he teaches Body Learning Integration System Yoga. **BLIS Yoga** is a blend of Laya (energy), Hatha (physical), Nada (sound), Bhakti (devotional) and Jnana (knowledge) Yoga, which focuses on learning to work with your body and to listen to your guidance.

Todd teaches **Blisyoga several days a week**, as well as the **Yin Yoga class on Wed at 7:15 pm & now the Fri at 6 pm**. He also offers a **Yoga Immersion** several times a year, as well as offers intuitive readings and healings on a private basis.



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