

# yin yoga series

3 weeks m/w/f \$108 Dates coming up: 2/6-2/24, 3/5-3/23  
pre-registration required - space limited - no drop-ins

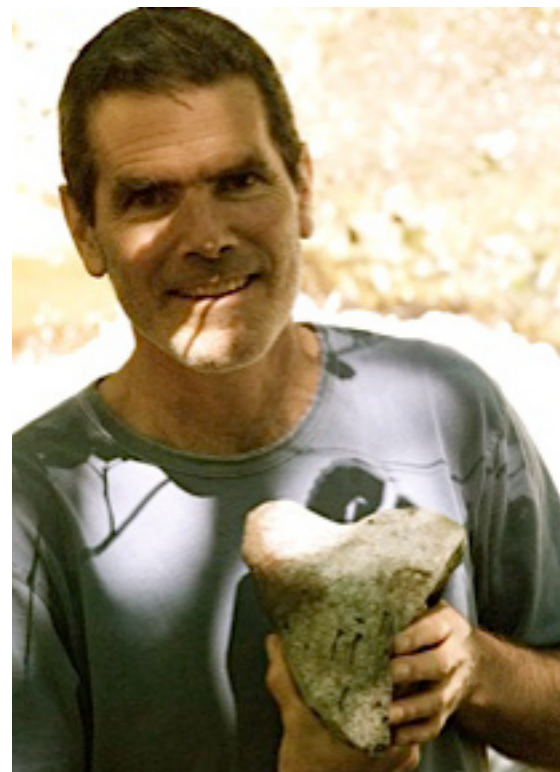
The yin approach utilizes **long, supported, postures, that you simply relax into...** when the muscles are relaxed, then the myofascial tissue surrounding them can begin to stretch and also strengthen.

The postures are **designed to help you move each joint in its full range of motion through its natural range...** 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. 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 Om Base 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**. 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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