



YIN, PRANAYAMA, AND MEDITATION POP UP

JULY 17 7:15-8:30PM

Join us for a
special pop-up
class with
**Jennifer
Elliott!**



Yin Yoga uses floor-based postures held for prolonged periods of time to nourish the fascial tissues of the body and stimulate the deeper energetic channels in the body. In this class we'll follow the yin practice with breathwork and a guided meditation. All levels welcome!

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