

YANG TO YIN

90 minute yoga flow that moves from a dynamic yang yoga style to a peaceful yin state. Teachers will offer hands-on assistance to engage muscles, deepen a pose or give a yummy stretch.



Friday, September 20, 6-7:30pm
Unique Yoga Event
Co-taught by Tanesha and Vesper
Join for wine in Grill after
Free for members, Non-members pay \$12 guest fee
No registration required