



# Yin Yoga - 6 Class Series

When: Six consecutive Mondays Beginning April 2, 2018

Time: 7:30 to 8:45 pm

Where: Yoga Village - 2760 Daniel St., Clearwater, FL 33761

Register Online: [www.ayogavillage.com](http://www.ayogavillage.com) or Call: (727) 712-1475

After a long day of work, play or study, sitting or laboring, many "Yin-sters" find an evening practice very beneficial. It eases stiffness in the back, hips and shoulders and helps you spend quiet time with yourself, delving within both mind and body.

Yin yoga postures are held a long time to go deep into the connective tissue, address the fascia, and bypass the relaxed muscles. I weave some challenging poses early into the practice followed by an extended guided Savasana to promote the relaxation response, assisting you in winding down with a quality sleep that night. Some yoga experience is helpful, but modifications will be provided to help you fully experience yin yoga.



**Sandee Nebel, LMHC, CEDS, E-RYT 200**

Sandee has been practicing yoga since 1972 when her mother started attending, then teaching, hatha classes. She enjoyed the powerful experience of practicing with others and feeling the spiritual connection of being in a group. Following years of practicing yoga, Sandee achieved her 200-hour certification and registration with Yoga Alliance as an E-RYT 200 yoga teacher and educator. She is extensively trained in yin yoga, restorative yoga, and yoga therapy, as well as having clinical experience as a psychotherapist.

**This workshop series requires a minimum of 6 advanced registrations. Please register no later than March 31st**

**Six-Class Series: \$60.00 - Single Class \$15.00**