



YIN YOGA

WITH GONG HEALING SOUND



TUESDAYS
AT 10:30AM IN
MARIPOSA
WITH **IRINA**

Yin yoga is a natural range-of-motion practice focusing on slow stretches, specifically opening tight muscles to restore and rejuvenate your body. These poses will apply moderate stress to connective tissues for 2-4 minutes to increase circulation in the joints and improve flexibility. Followed by a gong healing sound that promotes further relaxation and stress relief.

\$8 EACH CLASS

Pay by Member Charge or Unlimited Monthly Fitness Class Pass
(SGT classes, clinics passes are non-transferable and guests not included).