



sattvic space

Christal Rabalay



YIN Yoga
75 minutes

Every Monday Beginning

October 2016

6:00 pm - 7:15 pm

There are numerous benefits to YIN Yoga including:

- Sense of stillness calms the mind & body
- Brings balance to mind & body
- YIN is known to reduce stress and anxiety
- Allows for increased circulation
- Improves flexibility
- Fascial release
- Greater joint mobility
- Balances internal organs while improving flow of chi or prana through meridian stimulation