

Yin Yoga

Sunday, January 18
from 12-2:00pm

Yin Yoga focuses on health and stability for joints and ligaments by passively stretching and exercising the deep connective tissue of the body.

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12:00 - 2:00pm
\$20 RSVP in advance!
www.holifit.net
781-608-8513



Lotus Leaf Yoga

Register: 435-654-7570
www.lotusleafyoga.com
150 North Main - Suite 201
Heber City, UT

In this experiential workshop...

- Balance your everyday practice and activity
- Increase range of motion
- Improve the health of joints, muscle and hard-to-reach connective tissue
- Increase awareness of subtle sensations, feelings and emotions
- Prepare for meditation

more about Yin at www.holifit.net



Beth Iglecia is a BodyLife Specialist, co-founder of Holifit and yoga instructor who has been involved with health and fitness on many levels for most of her life. Beth has found a richer, more fulfilling yoga practice by integrating Yin and its principles into her everyday practice and life.