

# Fergus Falls YMCA

## YIN YOGA



### WHAT IS YIN YOGA

Yin Yoga is a slower more meditative practice using longer holds to turn inward and tune into the body. This mostly seated practice is designed to enhance the natural range of motion in the joints. Releasing the deep layers of connective tissue, and fascia creates more ease in your yoga practice and in seated meditation.

### WHAT TO EXPECT

This class will consist of mostly seated forward folds with bolster/strap support. Each pose will be held for 3 to 5 minutes with a focus on the breath during the holds.

Please dress in warm layers and bring a pair of cozy socks for shavasana.

Some yoga experience is suggested.

## MONDAYS

JANUARY 29TH

FEBRUARY 19TH

6:30PM - 8:00 PM

CLASS SIZE IS LIMITED

PRE-REGISTRATION IS REQUIRED

### DEE BUJALSKI

Dee is a 500 Hour Yoga Alliance Registered Instructor. She has taken Intensive Teacher Training Yin Workshops with Sarah Powers and Corina Benner and other Hatha Yoga senior teachers. Dee hopes to help others experience alignment in their body, mind, spirit.

Fergus Falls YMCA

1164 N Friberg Ave Fergus Falls, MN 56537

[www.fergusfallsymca.org](http://www.fergusfallsymca.org) | 218.739.4489

