



**BLUE
BANYAN
YOGA**

Cultivating Yin for Life *with Erin Owen*

Saturday March 6th 2:00 – 5:00pm

\$35 includes Materials and Snack

In the late days of winter, take time to dive inward and reflect. On Saturday, March 6 you are invited to join Erin Owen, who will offer a delicious 90-minute Yin yoga practice, followed by discussion and guidance on how cultivate an at-home Yin Yoga practice.

In Yin yoga, we hold each pose for 3 to 5 minutes in order to relax the muscles and access the deeper connective tissue that holds us together. There are numerous documented benefits of a Yin practice, and among them are increasing flexibility, quieting the mind, and cultivating a deeper connection with the Self.

In our everyday struggle to balance the various demands at home & work, who couldn't use more *Yin* to balance all the *Yang*? Enjoy a delicious, healthy snack after the full practice; receive a 56-page resource book to support your Yin practice; and go home feeling more grounded, calm, healthy, and happy.

Erin Owen, RYT- For Erin, yoga practice is a spiritual practice that quiets the mind so that the True Self can deeply and fully connect with the divine universal energy that unites us all. As a teacher, she enjoys sharing with students what she herself is learning in her own personal practice, and especially gets juiced about making connections between what happens on the mat with what transformations happen in daily life off the mat. Erin is certified to teach Yin, Vinyasa, and Kids & Family yoga. Find out more about her at www.HealthCatalystOnline.com.



Registration deadline: Monday, March 1st.



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