

Yin Yoga Classes

Thursdays, June 18 - July 30, 2015. 4:45 p.m. – 6:00 p.m.
James Reeb Unitarian Universalist Congregation: 2146 E. Johnson St.

The 7 classes will include:

- Practicing yin yoga poses
- Mindful breathing practices
- Meditation
- Discussion of functional and/or philosophical aspects of yoga

Cost is \$50 for all 7 classes or \$10 drop in.

To register, contact Bev at:

bevobuhr@gmail.com or 608-239-2324



Yin yoga is a revitalizing style of yoga that works the deep connective tissues (fascia) through extended holds of postures. With consistent practice, the poses can stimulate the fascia to rebuild stronger and more supple. The practice of Yin poses prepares the body for the more subtle yoga practices like meditation.

Yin yoga is appropriate for all levels of yoga experience.

Bev Buhr, aka “Bevo” (RYT 200) has been practicing various types of yoga for 20 years. She has attended workshops internationally-known teachers and has completed Levels one, two and three Yin Yoga Teacher Training with Paul and Suzee Grilley. In her teaching, Bev emphasizes the spiritual aspects of yoga, and the connection between what we practice on the mat and how we live our lives off the mat.