



YIN & RESTORATIVE YOGA

Sunday, April 15 | 1:30-3:30PM

with Dani Locastro

A slow yin practice where we support poses with props to stay in the pose - to clear it on out! Yin yoga poses apply moderate stress to the connective tissues of the body—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility. A more meditative approach to yoga, yin aims at cultivating awareness of inner silence, and bringing to light a universal, interconnecting quality. As the seasons shift, she will focus on poses and pranyama that help with clearing and renewal.

No experience required.

Cost \$30 | Members \$25 | Class package value - 2 classes



Elevate
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