

YIN YOGA

October, Sunday 4th, 3:00-4:00PM

Fall into Autumn

Fall into Autumn with Becky. This slow meditative YIN practice will leave you feeling relaxed and restored in both BODY and MIND with a deeper sense of PEACE.

In-Studio (Members Only): \$15
Zoom for Members:\$5
Zoom for Guests:\$15



AKASHA

Yoga • Healing Arts • Education

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Please visit akashayogacenter.com to register