



# YOGIS & YOGINIS WORKSHOP

## MONTHLY YIN YOGA

**Saturday, December 9**

**4 to 6:30 PM**

**Cost: IN-STUDIO \$45 - \$50 day of – ONLINE \$25**

This class focuses exclusively on a yin yoga practice, taking the time to explore poses and the connection and resistance of our bodies, minds and emotions. This slower based style of yoga allows for spaciousness as we hold poses, expanding and stretching the fascia or connective tissue that binds our bodies. Here we take the time to explore how they are interwoven and held in the very tissues, joints, muscles of our being.

This class is open to all levels, is two hours and 1/2 long and will focus on a different theme or area each month.

### **About the Teacher:**

## **SHENAAZ JETHA**

What began as an elective at UCLA in 1997, over the years, morphed into a career path. Shenaaz never imagined that she would teach yoga, but like her practice, she too has evolved to find her voice, her path and a practice that means so much to her. From discovering yoga with Shiva Rae at UCLA, to a study year abroad living in Delhi, India, to moving to NYC in 2000, the path has always come back to the practice of yoga, creating her company, *Little Feet Wise Heart yoga* in 2013. Her trainings over the years include Bija Kids, a 200 hour with OM yoga, a meditation teacher training at The Interdependence Project, and the four-year program, Sustainable Happiness. But it was a Restorative training with Marlie McGovern in 2018 that led to insight, inspiration and a new path of teaching restorative yoga. After an introduction to, and eventually a training in Yin yoga with Lucianna Silvestri of Soul Gaze, Shenaaz has found a way to guide others in coming back to their bodies, finding grounding in the chaos of life and healing. Her Intuitive Development work with Kenya Raymer continues to deepen and guide her practices. She's grateful to all the teachers who have shaped her path, and the students who share it.