



YOGIS & YOGINIS WORKSHOP

MONTHLY YIN YOGA

Saturday, May 11

4 to 6:30 PM

Cost: IN-STUDIO \$45 – ONLINE \$25

Yin Yoga is a slower, more meditative practice of yoga that targets the deeper, connective tissue that binds our bodies, using long holds to access and release the subtle layers and quiet the mind. Stimulating the channels or meridians of the subtle body to "open the heart and invoke the primal self."

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

About the Teacher:

SHENAAZ JETHA

For Shenaaz, what began as an elective at UCLA in 1997, morphed into a career path. She never imagined that she would teach yoga, but as her practice has evolved, so too has she, to find her voice, her path and a practice that means so much to her. Through her various trainings, Shenaaz has found a way to help others connect to their bodies, finding grounding in the chaos of life and healing, through deep stretch and release. She's grateful to all the teachers who have shaped her path, and the students who share it.