



YOGIS & YOGINIS WORKSHOP

HEALING YIN YOGA WORKSHOP

Friday, December 20

6:30 to 8:30 PM

Cost: IN-STUDIO \$50 – ONLINE \$30

These monthly workshops are a slower, more meditative practice of yoga that target the deeper, connective tissue that binds our bodies, using long holds to access and release the subtle layers within, while allowing for nervous systems to ground and quiet, creating space for deeper healing and release- physically, mentally and emotionally.

Each *Healing Yin Yoga Workshop* will have a specific theme or focus each month- shoulders, spring, grief/sadness, meridians, etc....for us to bring our energy to.

“There are three tenets of Yin Yoga: find your edge where you can feel the stretch but without straining; remain still; and allow yourself to stay here for a period of time. It’s a simple practice with profound therapeutic benefits for longevity, vitality, flexibility, and more.”

Usually held on the third Friday of each month, a supportive way to end the week.

Give yourself the gift of time, quiet and hands on support in these intimate monthly workshops.

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.