

Autumn Yoga Celebration

# Activating Prana with Yin Yoga

*Gather In, Let Go*

*with*

**CRYS RIVERS, E-RYT**

Friday, October 16th

5:45 - 7:45pm

Stone Creek location

\$25 workshop fee or  
2 uses off a class card

Let your yoga practice help you connect with the abundant beauty of this time of year.

Together we will explore the energies of autumn with Yin Yoga, which targets the deep connective tissues and activates the movement of prana.

This practice will open our hearts, helping us to savor the present season.

Sushi Lovers! We'll meet informally at Red Bowl after the workshop (not included in fee).

