

Spring **AromaYin** Yoga Classes

With Ana Poirier



5 Sundays: March 12, 19; April 9, 23, 30; 5-6:30pm

Hosted by the Yoga Center of Carmel
Drop in: \$20 each

Renew & Reboot for spring as you indulge your body, spirit and senses! This unique and powerful synergy of Yin yoga and essential oils promises to gently cleanse, uplift your spirits, soothe stress & renew the body and mind. The addition of therapeutic grade essential oils provides deeper emotional, mental and physical benefits.

Yin Yoga is a deep, meditative and often profound practice infused with longer, more passive holds. It is a meditative awareness of breath, mindfulness and presence. This more quiet and still practice helps to tap into intuition and deep listening, as well as bring flexibility & new energy flow into the joints and organs.

The Yin style involves holding and exploring postures for longer periods of time in order to **let go of tensions stored in the body**, renew and strengthen the inner body and **calm the nervous system**. . Practicing this way is an incredibly healing compliment to any active yoga practice or lifestyle. You will come away stronger & renewed!

All levels welcome.

To Register: Email yogacarmel@aol.com or call (831)624-4949

Advanced registration recommended!

Location: Yoga Center of Carmel, Sunset Cultural Center, Cottage #18 on 10th Ave. near San Carlos, Carmel-by-the-Sea

Ana Poirier has been teaching yoga internationally since 2000, and on the teaching staff of YCC for over a decade. As a holistic health coach, yogini, lover of all things mystical, and passionate “nature nymph”, she infuses a unique teaching style into her classes and workshops that empowers & inspires her students and clients towards living a life that is fulfilling and free. Please discover more about Ana at www.YogaBodyNutrition.com.

For more information contact Ana: (831)601-3282, ana@yogabodynutrition.com

