



YIN EXPERIENCE

With Shawnda O'Briant Noone

Welcome to an extended YIN Yoga Experience. Spend 90 minutes diving deep into relaxation surrounded by music, candlelight & essential oils.

A quiet, inner practice working with the body to allow ourselves to be still and present. The stillness facilitates access to our parasympathetic nervous system and a more centered & calm mind. Poses are practiced sitting or lying on the floor. Therapeutic assists will also be offered.

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**Friday
NOV 25**

**7:15-
8:45pm**

**\$18 drop-in
OR**

Class Pass

YOGA PALACE

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Nov 25th, 2017