



YIN & YOGA NIDRA WITH KAREN LUCAS

Dec. 18, 2016
7:00 pm – 8:30 pm

Reserve your spot
today!
\$15 Class Fee

DECEMBER 18

YIN YOGA & YOGA NIDRA

This special holiday yin practice is designed to nourish and support the organs of digestion, promote energy and prevent infection by balancing spleen and stomach chi.

When spleen and stomach energies are balanced, our cycles are in harmony. We feel grounded and full, with a sense of being at home inside ourselves. When out of balance, we have weak energy, anxiety and off-centeredness and our sleeping, breathing and thinking rhythms will be off.

Come nourish your body- mind- spirit with this two-hour practice that will ease you into the holidays in harmony with the joy of the season. Following the yin practice will be a fluid and graceful yang flow, holding on to our yin energy. We will finish with a 15-minute yoga Nidra guided relaxation.

Class will be suitable for all levels.

BALANCE WELLNESS STUDIO

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