

# YIN YOGA & PRANAYAMA

**Sunday - September 19, 2010  
3 – 6 PM  
Eldorado Community Center**

## OPEN ~ BALANCE ~ TRANSFORM

Please join us for an afternoon of Yin Yoga, Pranayama, Poetry and Meditation. Yin Yoga is a quiet practice that moves beyond muscle. The long, deep holds of this practice work primarily to open the connective tissues and to balance the energy channels in the body thereby increasing flexibility, joint mobilization, and releasing long held tension – both physical and emotional. Pranayama (breath-work) will be incorporated to soothe and relax the nervous system. Together, we will move into a place of receptivity and stillness, cultivating a deep level of health and well being.

This class will be lead by Deanna Evans. Deanna has been teaching yoga and meditation for several years offering on-going classes, workshops and retreats. She is registered with Yoga Alliance with over 1500 hours of teaching experience as an E-RYT. For more information about Deanna, please visit [www.deannaevans.com](http://www.deannaevans.com).



**\$40**

\$5 discount if paid by 9/12/2010  
class is limited to 12 participants  
pre-registration is recommended  
no refunds please after 9/12/2010

**Please bring: a blanket, yoga mat, meditation cushion or pillow, and drinking water.**

**For more information or to register, please contact Deanna.**

**505-466-1657 or [info@deannaevans.com](mailto:info@deannaevans.com)**