

YIN YOGA & PRANAYAMA

**Sunday – April 17, 2011
3 – 5:30 PM
Eldorado Community Center**

OPEN ~ RELEASE ~ 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 open receptivity, release and transformation, cultivating deep health and well being.

This class will be lead by Deanna Evans. Deanna has been teaching yoga and meditation for eight 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.



\$32

~class is limited to 12 participants~
pre-registration with full payment to hold your space is recommended
~no refunds please after 4/14/2011~

Please bring: a sturdy blanket and yoga mat.

For more information or to register, please contact Deanna.

505-466-1657 or info@deannaevans.com