



# YIN YOGA (IN ENGLISH)

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**11<sup>TH</sup> OCT TO 1<sup>ST</sup> NOV**  
**TUESDAYS AT 10:00 & 18:30** 75MINS  
**4 CLASSES = €48**

Welcome to Yin yoga with Helen ☺

The practise of Yin yoga is both relaxing and focused. This combination induces the letting go of deep tension and encourages the building of healthy tissue. Overall, Yin is a quiet slow practise enjoyed by many. It can be especially beneficial for stress/emotional relief, and also aid in recovery from burnout.

**For those new to Yin, a short introductory *free* 45min class is available on Tuesday 4<sup>th</sup> October at 10:00 & 18:30**

Props are supplied and used during the class for support but you may like to bring your own pillow/cushion & blanket.

Please email me for sign-up and questions. I look forward to sharing the experience with you!

Om Shanti, Helen

Helen - [peacefulpractise@yahoo.com](mailto:peacefulpractise@yahoo.com)

Hatha & Yin Yoga, Therapeutic Yoga, Meditation, Massage & Angelic Reiki