

# YIN YOGA

Summer Workshop Series



**Yoga benefits include increased flexibility, more energy and better posture.**

**Yin Yoga is ideal for you and those who just want to relax, or runners and athletes who want the benefits of stretching without exhausting themselves for future training sessions.**

Yin yoga can complement an already active life or help those who feel distracted by “mind chatter”.

Constantly emailing, texting and posting social media updates has led, for some, to mental overload.

Yin yoga can provide an antidote to this. Join us to stretch and slow down the mind, you'll feel relaxed and energized!

**Wednesday, June 22 • 9:00-10:00am**

**Wednesday, July 13 • 9:00-10:00am**

**Wednesday, August 3 • 9:00-10:00am**

Led by: Cynthia Needham

\$10/workshop or all 3 for \$25 • \$15/workshop or all 3 for \$35

Sign-up at the Front Desk

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • [www.theswimmingholestowe.com](http://www.theswimmingholestowe.com)

The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.

