

Quiet the mind and relax the body

Yin Yoga

with Carly Carney

Unwind after the week in a quiet meditative yin practice that will bring you home to yourself. This class invites stillness and reduces the busy energy in your mind, body and heart that we experience as human beings. Class will integrate postures, relaxation, breathing, contemplation and meditation. Yin postures are done on the floor with the support of props to open up the hips, lower back and spine.

No experience is necessary.

**FRIDAY
MAY 17**

6:30-8:30 pm

\$35



Beverly Yoga Center

*May the practice of yoga and meditation cultivate kindness,
compassion and care for your mind, body and heart.*