

Join Lisa Jansen for an evening of Yin-ergetics

Fridays – See Website for Dates
www.CentralCoastYoga.com

6:30-8:00 p.m.

\$22.00 (per class)

*Central Coast Yoga 900 Grand. Ave Arroyo Grande

*Pre-register to reserve your space

What is Yin-ergetics?

Through 25 years of practice and 8 years of teaching Lisa has combined the Restorative style of Yoga, guided meditation, and energy healing. While being supported in restorative yoga postures, Lisa will guide you through healing meditations that promote deep peace and release on all levels; physical, emotional, mental, and spiritual. After participating in Yinergetics one will leave with an expanded and open state of awareness, both body and mind. Chronic tension or “dis-ease” will begin to dissipate, and one will tap into how to maintain that opening. All can benefit, even if you’ve never done yoga before! Feel free to join Lisa, and she shares her wisdom, guidance and healing techniques.

Lisa @ 709 6437 or centralcoastyoga@aol.com