

# Flow and Let Go

Friday, March 16<sup>th</sup> 2012

6:30-7:45pm

\$15 pre-registration, \$20 at door

(Minimum 5 pre-registered to hold class)

This class will start with a short series of flowing yoga poses and move into a deep yogic relaxation called Yoga Nidra. Yoga Nidra is a specially guided visualization that reduces tension, boosts well being, and provides a deep state of relaxation that can not be achieved through sleep alone.

**Don't miss this special opportunity to deeply recharge at every level!**

Led by:

Jen Yost

Certified Professional Life Coach

Kripalu Yoga Instructor

Breathe your way into a more joyful and purposeful life!

To pre-register, mail registration form from Web Site with your check for \$15 to:

Eight Stones Yoga Studio

2805 Eastern Boulevard

York, PA 17402

[www.eightstonesyoga.com](http://www.eightstonesyoga.com)

Email questions to:

[info@eightstonesyoga.com](mailto:info@eightstonesyoga.com)

Or leave a message at:

717-840-4183



**Eight  
Stones**  
YOGA STUDIO