

# *yin & yoga nidra*

SLOW DOWN, ROOT & OPEN

Tina Foster presents the complimentary practices of Yin & Yoga Nidra. Yin Yoga opens the deep tissues, through a slow practice that cultivates calm abidance and stamina in the form of stillness. Yoga Nidra is a systematic method for complete relaxation. At the height of practice, the subconscious, where the deepest tensions are stored, becomes relaxed and open.

*Sat, September 6th*

**YIN YOGA WORKSHOP**  
11:30<sup>AM</sup> - 1:30<sup>PM</sup>

**YOGA NIDRA WORKSHOP**  
3:30<sup>PM</sup> - 5:30<sup>PM</sup>

*\$35 each / \$60 both*

**wild mountain**  
**YOGA CENTER**

574 SEARLS AVE | NEVADA CITY

register @

**WILDMTYOGA.COM**

