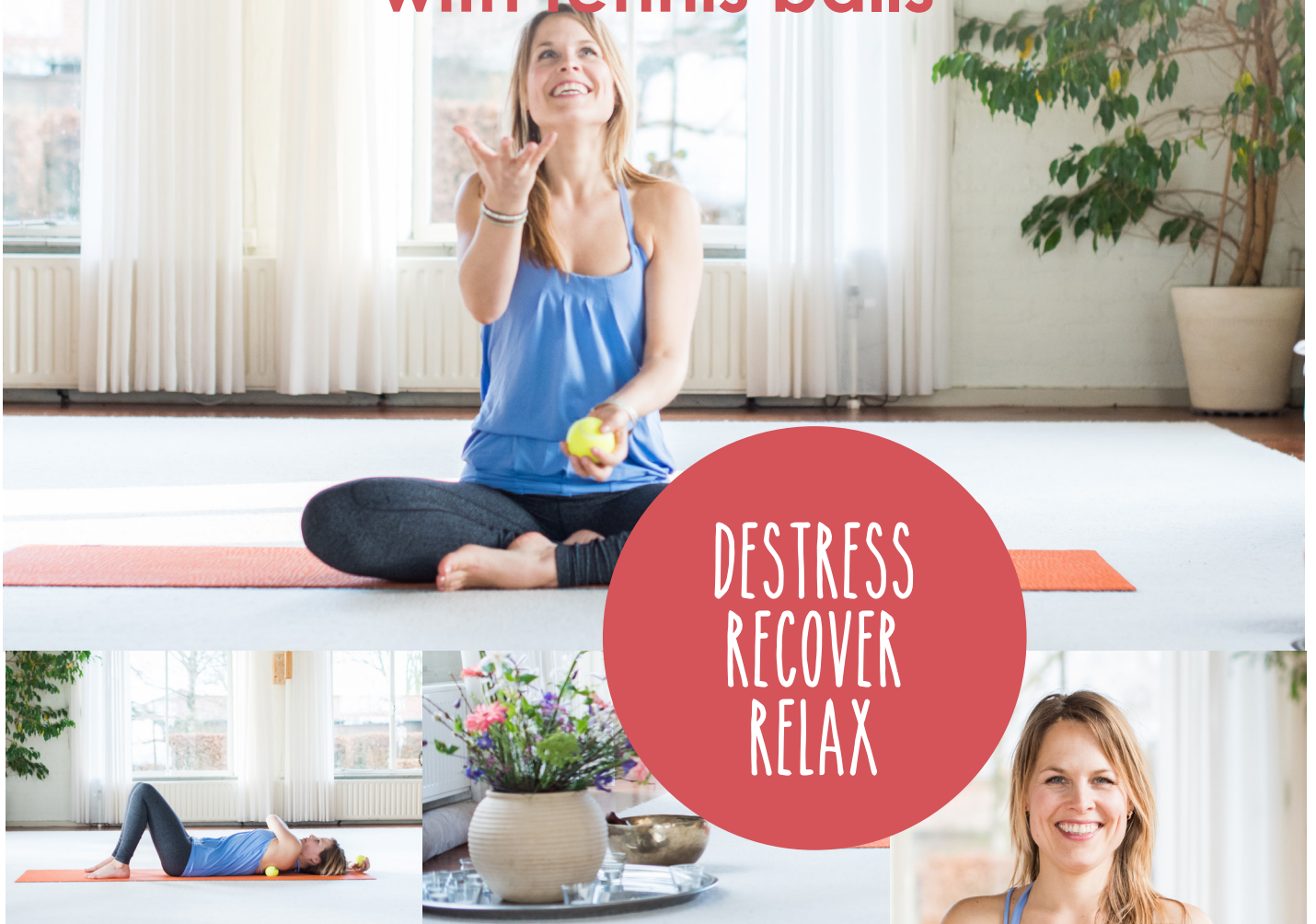


Yin Yoga

with tennis balls



Experience the effect of Yin related yoga on your body in a long session – using a tennis ball. Gain insights and learn techniques to help you become more flexible, release tension and pain and free emotional energy stored in the body.

Experience the healing power generated by this practice and give yourself some time to experience the deep relaxation in your body. Afterwards you feel more energetic and your movements more supple.

You'll be able to apply the technique of deep tissue relaxation (or deep tissue release) easily at home.

Dates

Sun 27 May | Jan van Scorelstraat

Sat 11 Aug | St Janshovenstraat

Sun 4 Nov | St Janshovenstraat

Time

14.00-17.00

Price

€39 per session | €30 infinity/student/u-pas members