



FALL INTO BLISS

*YIN YOGA PRACTICE & WORKSHOP ON THE PATIO
WITH ALYSA OSVOG*

Sunday Oct 16th 12-2pm | \$40

YIN YOGA PRACTICE—Yin is our cooler, quieter, softer side to Yang, heated, energetic and strong, both necessary for blissful balance. Welcome for everybody willing to benefit from stretching muscles, stressing connective tissue and settling into stillness, as we hold poses 5-10 minutes. Guided through a series of poses and gentle breathwork, intelligently designed to align flow of energy in the body, inviting our attention away from mental chatter into our wisdom within. Let's celebrate this change of season and Fall into Bliss.

On the PATIO we will explore "bliss points". Connect with combinations that research shows stimulate the reward center in the brain. Learn a little about neuroplasticity, meridian lines and acupressure points. We will experiment with memories, dreams and discernment to wire more patterns of bliss into our lives. (Tasty treats are part of this important process.)

Dress prepared to move, bend, stretch, and breathe in the studio. Depending on weather a sweater, hat, sunglasses for the patio after.

Bring a water bottle, although not physically demanding, we will move a lot of energy, which makes us thirsty. Also, please bring an open mind and warm heart.

Villa
pilates&yoga

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