

...it's not about how your yoga LOOKS, it's about how it FEELS."



YIN YOGA



WITH
PAM LEIBOWITZ

THURSDAYS

9:00 - 10:15 AM

BEGINS JUNE 6

OSYC Class Fees Apply

*In this meditative practice
explore feeling the energy;
find calmness in body & mind;
hold poses longer to release fascia &
to allow the body to release & regenerate.*

PLEASE BOOK YOUR SPACE ONLINE
OR GET THE SPACES APP FOR EASY BOOKING

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