

Flowing With Yin and Yang

Sunday, March 25th | 2:30-5:00pm | \$40

Call 303.652.0463 to Register

In the first part of this class we will focus on the yin yoga style to find release in our connective tissues, creating space and integrity in our joints and our hearts while removing deep blockages to internal energy flows.



The second part of the workshop will take us on a yoga journey that will awaken our central channel of energy and enliven our core, guiding us to access our center as an endless resource for strength and empowerment.

Asha Wolf holds a Doctorate in Physical Therapy, is a Certified Movement Analyst and has been teaching yoga for over 20 years. Asha has a private therapy practice specializing in chronic pain issues and injury rehabilitation through yoga.

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