



Yin Yoga

with Mary Willis

Every 2nd Sunday 6:00-7:30pm

\$15 Drop in/ Included with Membership

*Come out and enjoy a
slow flow to De-Stress & Relax.*

Yin Yoga is a relaxing meditative style of yoga where a pose is held gently and comfortably for several minutes, allowing your body time to just "simply be". Yin Yoga is excellent for de-stressing and restoring the body and mind. Perfect for the post holiday bliss! This style of yoga is excellent for beginning students as well as the advanced yogi. Emphasis is placed on how you feel, not on how you look! Come and enjoy a mini sabbatical. Wear loose comfortable clothes, socks or even your pajamas. Bring a blanket too!

Mary Willis, RDH, RYT-200 received her teacher training from Seaside Yoga in Wilmington under the direction of Ashley Ludman, and is a graduate of the Costa Rica Yoga Spa in Nosora Costa Rica. She has also trained under the direction of Desiree Rumbaugh, Cora Wen, and Paul Grilley as well as our local yogini Annette Tersigni, the Yoga Nurse. She is a member of the International Association of Yoga Therapists and currently studying for her 500 hour yoga training with Valerie Baltzer. Mary is an instructor at Yoga for You and wishes to share the magic of yoga's healing therapeutics in a safe, nurturing environment. **Privates are also available.**



**Yoga for You, 2900 Arendell St, Morehead City, NC 28557
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