

Candlelit AromaYin Yoga Series

With Ana Poirier



2 Sundays: December 17 & 31,
5-6:15pm

Hosted by the Yoga Center of Carmel
Tuition: \$20 per class

An absolutely Delicious & Delightful indulgence for your body, spirit and senses! A unique and powerful synergy of Yin yoga, essential oils and candlelight promises to **uplift** your spirits, **soothe** stress & **renew** your body in the midst of the holiday season, and into the NEW Year.

Candlelight Yin Yoga is a deep, meditative and often profound practice done in the warm, intimate glow that candles provide. Infused in the longer, more passive holds is a meditative awareness of breath, mindfulness and presence. This more quiet and still practice helps to tap into intuition and deep listening, as well as bring new energy flow into the joints and organs.

The Yin style involves holding and exploring postures for longer periods of time in order to let go of tensions stored in the body, renew and strengthen the inner body and calm the nervous system. . Practicing this way is an incredibly healing compliment to any active yoga practice or lifestyle. You will come away renewed!

All levels welcome.

To Register: Email yogacarmel@aol.com or call (831)624-4949

Advanced registration recommended!

Location: Yoga Center of Carmel, Sunset Cultural Center, Cottage #18 on 10th Ave. near San Carlos, Carmel-by-the-Sea

Ana Poirier has been teaching yoga internationally since 2000, and on the teaching staff of YCC for over a decade. As a holistic health coach, yogini, lover of all things mystical, and passionate “nature nymph”, she infuses a unique teaching style into her classes and workshops that empowers & inspires her students and clients towards living a life that is fulfilling and free. Please discover more about Ana at

www.YogaBodyNutrition.com. For more information contact Ana: (831)601-3282, ana@yogabodynutrition.com

