

ON DEMAND | 90 MINUTES

Rest & Relax

An Evening Yoga Session

Learn evening yoga practices that support natural restoration and regeneration.

By resting and relaxing into the positions and focusing on your breath you access connective tissue, ligaments, and connect deeply with your calm and soft yin energy that complements your active and energetic yang energy.

All positions are done sitting or lying down. Cushions, pillows and blankets will be used for support.

Regular yin yoga practice rebalances yin and yang energy, and improves health and well-being gently, safely and naturally.

The session ends with meditation.

I use modern yin yoga practices in my teachings. They are simple and easy to learn for most people, regardless of age and health condition.



Caroline Yazı | Holistic Life Coach

I offer inspiration and support for a holistic lifestyle to motivated individuals and groups.

www.carolineyazi.com