



**YIN YOGA**  
At  
**The Warrior Room**  
7-8:30pm  
November 1<sup>th</sup> 2011  
With  
Lauren Davis  
\$15

Awaken your Yin side; learn how to cultivate a deep quiet practice to complement the Yang side of life.

Yin yoga emphasizes long-held, passive stretching to enhance flexibility in the connective tissues that form our joints. Yin postures are held three to five to ten minutes at a time. The intention is to stimulate circulation in less flexible areas such as the lower back, hips, shoulders and sacrum. This deep, meditative practice complements all other activities. The whole practice is done on the floor.

The practice of yin is a perfect balance to an active 'yang' yoga practice or any other athletic activity.

Benefits of Yin:

- ◆ Improves flexibility
- ◆ Improves energy flow
- ◆ Balances the nervous system
- ◆ Aids in meditation
- ◆ Improves joint health
- ◆ Helps to counter the shortening of connective tissue and stiffness that come with prolonged sitting, age or immobility
- ◆ Helps to open hips and strength the back
- ◆ Prepares the body for meditation



LAUREN DAVIS HAS BEEN TEACHING YOGA FOR OVER 15 YEARS AND HAS STUDIED WITH SARAH POWERS AND PAUL GRILLEY, WHO ARE MASTERS AT THIS YIN PRACTICE. LAUREN STUDIES MANY DIFFERENT FORMS OF YOGA AND CONTINUES TO BRING NEW AND CHALLENGING WAYS TO ENJOY YOGA, LIGHTENED WITH A BIT OF HUMOR. FOR MORE INFORMATION CHECK OUT [WWW.LAURENDAVISLIVE.COM](http://WWW.LAURENDAVISLIVE.COM)

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