

# noon hour yin yoga

an hour to focus on feeling  
an emphasis on easing

Fridays  
Sept 12<sup>th</sup> – Nov 5<sup>th</sup> 2011  
noon – 1:00pm

\$10/\$45(5)

at **Moondance Art House**  
1756 Wilmot Avenue, Shawnigan Lake

With **Robin**

The practice of yin yoga, in which shapes are held for sustained periods of time encourages participants to explore possibilities, cultivate compassion, and refine awareness.

Robin has been guiding yogis 2007. She has studied under local teachers such as Lilian Bianchi and Maalaa. Contact [www.moondancearts.ca](http://www.moondancearts.ca) for more information.