

ON DEMAND | 90 MINUTES

Rest & Relax

An Evening Yoga Session

Prepare for the night with regenerating evening yoga practices

By resting and relaxing into different positions and focusing on your breath you access connective tissue, ligaments, and connect deeply with your receptive and healing yin energy.

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

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

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