



Yin Yoga

Please note: This information is correct as of January 2024. Times may change, so visit our website at www.cscatlanta.org for the latest information.



Yin yoga uses gentle, relaxing postures to alleviate tension, enhance breath awareness, and develop mindfulness. Yin Yoga poses apply moderate stress to the connective tissues of the body, with the aim of increasing circulation in the joints and improving flexibility. It is a quiet meditative practice. We recommend you have a yoga mat, strap, and firm blanket.

Led by: Susan Wells, RYT

**Every Wednesday Virtually
5:30 p.m.–6:30 p.m.**

To participate in this class, please register at www.cscatlanta.org/calendar.



**Registration
Calendar**



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