

# 3 HOUR YIN YOGA CLASS

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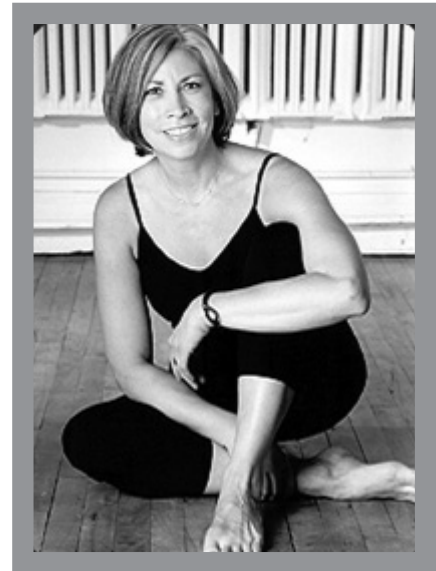
**Saturday, October 22**

**10:00 am – 1:00 pm**

\$50 cash/check only

*No pre-registration necessary*

# YIN yoga



Join us for an extra long practice of Yin Yoga. We will do a slow, deep series of floor postures, each held in a passive way for 3-5 minutes. Explore your body's flow of energy with deep awareness.

Yin style focuses on the stimulation of the connective tissues, primarily in the hips, pelvis and lower spine. It encourages the movement of energy (qi/prana) through the body's subtle and unseen channels.

As a complement to a more dynamic, muscular yoga style, Yin style gives the practitioner an opportunity to take time to look inward, to quiet an active mind, bringing awareness of breath and the experience of different layers of sensation. Relaxing and revitalizing, Yin Yoga prepares the body physically to sit more comfortably in meditation, bringing it into a place of balance and contentment.

This is a class, not a workshop, appropriate for beginners as well as experienced yoga practitioners.

Heidi Ellison Childress has been practicing different styles of yoga since 2000, studying primarily under the guidance of Suddha Weixler at Chicago Yoga Center. She has taken many workshops and teacher trainings but considers the most influential to be those of Paul Grilley and Sarah Powers, both of whom focus on Yin Yoga, anatomy and Meridian theory. She teaches Vinyasa and Yin yoga privately as well as at the center. She assisted Paul Grilley at the 2009 Midwest Yoga Conference.

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**AKAL YOGA**  
141 W. Jackson Blvd.  
Suite #750  
Chicago  
312-303-0090

The Chicago Board of Trade is a secure building, Please arrive early with i.d so you can register at the security desk in the lobby prior to class. Enter on the Van Buren side. Check in and class will be in suite #750

Parking is available at Congress/Lasalle. Nearest el lines are Blue, Brown, Orange and Red.

*If you have any questions, please call Heidi @ 773.865.9592*