

2-HOUR SPECIAL YIN CLASS
FRIDAY 22 SEPTEMBER 6PM-8PM

Yin Yoga for Fall

TRANSITION



INTO AUTUMN

A 2-HOUR CLASS WITH MARION YIN AND RESTORATIVE POSES TO KEEP THE ENERGY FLOWING IN AUTUMN

The season of fall is when energy transitions from yang to yin, a perfect moment to practice longer steady Yin poses, to emphasize the quality of this new season : slow and quiet.

We will target the lung and large intestine meridians, keeping the energy flowing rich and inward.

Yin yoga is a healing and meditative practice. Slow floor-based postures are held for several minutes, creating space on a physical, energetic and emotional level.

Experiment doing less, softening in the process, and then letting go. No previous experience needed!



**20 EURO FOR AGORA MEMBERS
25 EUROS FOR VISITORS
AT AGORA LISBOA
FRIDAY 22 SEPTEMBER 18H-20H**