



Spring Renewal Candlelight Yin Yoga



Friday, April 21 7-8:30pm

Stone Turtle Yoga

<http://www.stoneturtle yoga.com>

9435 N. Cut Rd. Roscommon MI 989-302-7928

Yin yoga poses apply moderate stress to the connective tissues of the body—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility. A more meditative approach to yoga that is deeply nourishing and nurturing. **\$15 pre register \$20 at the door**