



*Yin
Yoga*

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**Feeling
Stressed
Lately?**

Yin yoga will help you learn to calm your mind and body through passive poses held for 3-10 minutes. Improve flexibility while relieving stress and anxiety.

Join
Elizabeth Savetman,
as she takes you
through a relaxing and
mindful journey to
rejuvenate your physical
and emotional well-
being.

**Introductory
Class**

WED, June 6th -
630pm
Classes Begin June
20th
Wednesdays
630pm

www.fityogajill.com
214-693-4895