

Soul Life Presents Yin Yoga with Live Music

Led by **Dennis and Kathy Lang**, E-RYT500



♥ Soul Life



**Come to one or both classes!
\$20 each and open
to all levels**

To reserve your spot, go to
www.soullife.us or email
soullifejourneys@gmail.com

Friday

August 20th

7:00 - 8:30pm

A deeply inward class of yin shapes with Dennis playing melodic phrases on the **Sitar** as Kathy guides the practice. Savasana will include a **gong** bath.

Friday

September 10th

7:00 - 8:30pm

Kathy will lead the quiet yin practice with long holds as Dennis plays soothing sounds on the **Spanish guitar** and **Native American flute**.