

# YIN YANG YOGA

## WITH JONATHAN MANN



Jonathan Mann, RYT-200  
Deep Waters Yoga  
[deepwatersyoga.com](http://deepwatersyoga.com)

Join Jonathan as he guides a two-hour practice that combines the slower, passive, and cool energy of **Yin** with the faster, active, and hot energy of **Yang**.

This candle light session will begin with an *hour of Yin yoga* with postures intended to open and release deeper tissues in the body.

The second hour will include an *all-levels Slow Flow* designed to complement and balance the first half by exploring new levels of depth after opening the body with Yin.

***Deepen and explore your practice on the mat with the balanced energies of Yin and Yang!***

**Friday, October 9  
7:30pm - 9:30pm  
Red Lotus Yoga**

**Price  
\$25 - pre-register  
\$30 - at door**

**Pre-Register at Red Lotus Yoga  
1900 S Livernois Rd  
Rochester Hills, MI  
[redlotusyoga.com](http://redlotusyoga.com)  
248-601-9642**