



Karen Baker Fitness

Integration of mind, body & spirit for your health & wellness

“Great Vibes”

Yin Yoga

“Yoga is not a wrestling match but a dance with your body”

A relaxing and rejuvenating yoga class for the mind, body and spirit. Experience calm, sustained, supported stretches for the back, hips and legs. Yin specifically targets the joints and connective tissues in the hips, pelvis and lower spine to release and ease pain. Specific propping will be provided to support the muscles while we stretch the connective tissues and sink deep into our joints. No experience required.

Scientific research indicates some health conditions benefited by yin yoga include:

Reduced heart rate

Stress release

Improve circulation

Increased flexibility

Reduced back pain

Ease arthritis

Migraine and tension relief

Improved posture

Equipment Required:

Please bring a mat and large blanket. We also use 2 yoga blocks, a yoga strap and yoga bolster. Instructor can lend you this equipment to try your first class

Class time: Monday & Wednesdays 1:00pm – 2:30pm

Class Fee: \$10 (payable upon arrival to class, free for veterans)

Location: Community Performance and Art Center - CPAC

1250 W Continental Rd, Green Valley 85622.

Please contact Karen directly with questions or concerns

• • • Karen Baker • • •

Certified Personal Trainer, Yoga, Pilates & Fitness Instructor

kkbaker1714@gmail.com • 925-989-2580