



# YOGA



## In Motion

with Elaine Dodd  
Certified Kripalu and Yin Yoga Teacher



### Winter Yin Classes Begin

When: Saturday, January 14, 9:00-10:30 am  
Where: River Valley Wellness Center, Woodstock  
Fee: 6-week session for \$90, drop-in fee \$16  
All levels welcome: male and female.

**Yin Yoga** gently stretches the deeper connective tissues in our joints, creating ease of movement, promoting flexibility and releasing chronic tensions. Deeply stretching and strengthening opens the energy channels in our bodies, improving overall health.



*To register or for more information call Elaine at 375-1816, or  
e-mail [yoga.in.motion@hotmail.ca](mailto:yoga.in.motion@hotmail.ca)*