

Candlelit Yin Yoga with Kathleen Hinge

Sundays from 4:30–6:00pm • Jan 21, Feb 18 & April 21

Many of us have been running our whole lives. Practice stopping.
– Thich Nhat Hanh



Relax into a quiet late-afternoon of Yin Yoga by candlelight. Release tensions, breathe deeply, slow down. In Yin Yoga, the poses are held passively, so that the stretch can go deeper than musculature -- into the joints and connective tissue -- thereby improving mobility and flexibility. Each pose is held for an extended time, accompanied by slow, deep breathing, which fosters a profoundly calm and meditative state. Emerge refreshed and relaxed.

Appropriate for all levels of yoga experience, from beginner to seasoned practitioner.

In Person Only • Price: \$20

Must purchase Candlelit Yin Yoga Pass
Space is limited please register early [REGISTER](#)

Kathleen Conlon Hinge was the founding director of Yoga Shivaya in Tarrytown, NY for 13 years. She is a 500 hr Certified Yoga Teacher, a Reiki Master and a college professor. She has a PH.D in Mechanical Engineering. Kathleen Hinge teaches yoga with the philosophy that growth and flexibility happen only with compassionate acceptance of our bodies as they are. What's more, by practicing compassion for ourselves, our hearts naturally open to greater compassion for others, bringing healing and peace into the world. Her teaching features detailed instruction in safe alignment, informed by kindness and good humor.



In Person Protocols

Pre-registration and a signed waiver is required for in-person. Masks are optional. Sanitizing wipes and hand sanitizer are available in the yoga space, hallway and bathrooms. You may bring your own mat and props. The studio is fully equipped with yoga equipment. Should you choose to use any studio equipment, you may bring a towel to drape between you and any fabric props (bolster, blankets). After the class please neatly restore all studio props to the prop storage cabinets.



Sacred Spirit Yoga and Healing Arts Center
At South Presbyterian Church
343 Broadway, Dobbs Ferry, NY 10522
sacredspirit yogacenter.org