

Yin Yoga for a Good Night's Sleep with Kathleen Hinge

Thursday, February 24, 8pm – 9:30pm



Let gentle yoga unwind the day and see you off to sleep. Slow, deep breathing naturally calms the mind and yin yoga releases tensions held in the body. The result is a quiet mind, relaxed body, and readiness for deep, restful sleep.

This practice is appropriate for all experience levels, from beginner to advanced.

You'll want to have handy...

- . two blankets
- . a pillow, bolster or cushion
- . two yoga blocks (or two equal-sized, thick books)
- . a yoga tie (or belt from a robe)

ONLINE Only • Exchange: \$20

Pre-registration is recommended.

[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.



Sacred Spirit Yoga and Healing Arts Center
At South Presbyterian Church
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