



Join this Winter 2023 Weekly Class

Yin & Yang Yoga

with Lara Olson



Thursdays 5:30 – 6:45 pm

Yin & Yang Yoga

This creative class combines yin with gentle flowing yang poses. This class will give you a little bit of everything: spaciousness in body and mind, connecting with your individual energy, and nurturing your whole being through yummy flowy movements and longer held passive stretches. Expect to get lots of options so you can tailor the practice to your needs.

\$15 per class

Contact Lara directly to sign up for class at www.HappyCatYogi.com

Drop-in participation also available, pay at time of class.



Freedom and healing are at the heart of my teachings. I am a registered teacher with the Yoga Alliance, and have a multi-faceted training background. I am certified in traditional Hatha Yoga in the Sivananda tradition, Yin Yoga, Power Yoga, Pregnancy Yoga, and Yoga Therapy for Women, and I have experience teaching all these styles. Being diagnosed with scoliosis at a young age, I struggled with back pain early on in my life. Yoga is the practice that allows me to live a mostly pain-free life. I believe that the mix of strengthening the whole body, Yin Yoga, and relaxation practices have been the key for my well-being and can bring relief to so many other people. I also have a special interest in supporting women through Yoga therapy in whatever stage of life they are. As a musician, I believe that music can open the heart like nothing else, which I love to share by singing, playing the guitar or other instruments in class. I became a Mama in my late 30s. My one-year-old daughter is the biggest joy of my life.

Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 www.WellnessSpaResort.com