



## Join Us for this Fall 2025 Monthly Class

# Restorative Yin Yoga



## Thursdays\* from 5:30-6:30pm

See specific class dates below

Restorative Yin Yoga is a combination of gentle restorative postures balanced with deeper passive poses to give your body the full spectrum of tension release and relaxation while weaving guided meditation and breathwork throughout the class and offering support, props and bolsters to create a cozy and comfortable experience. This class is a great way to track where you are holding tension, stress and discomfort. Restorative Yoga teaches the mind and body the art of relaxation while Yin Yoga works with the connective tissue, deeper muscle groups, and using the breath to regulate the body's responses. This gives an opportunity to lean into the tension and use the awareness of the breath to calm the body, regulate the responses of the nervous system, and simply release.

Suitable for ages 16 and up. Waiver must be signed prior to class attendance. Please bring your own mat and water bottle.

**\*Registration Required - Reserve your place in class today! Book Online [www.WellnessSpaResort.com](http://www.WellnessSpaResort.com) or call 715-341-3333 for more information. This class is on a pre-pay, non-refundable registration basis.**

**\* September 11 ~ \* October 9 ~ \* November 6 ~ \* December 4**

**\$15 per class**



Angela May knew her path in life was to share the knowledge and wisdom of yoga after completing her 200-hour yoga teacher training in Sacred Valley, Peru. As a professional yoga instructor, shamanic practitioner and healer, Angela guides people into listening to their inner self, stepping out of their comfort zone, and exploring their inner wisdom and ability to heal. Angela shares her creativity and talents as a local artist and co-created "Vibin' in the Pines" music, art and flow festival to bring an opportunity for many artists to share their own talents. She also teaches Meditation & Mindful Yoga, Salt Spa Yoga, Soothing Sound classes and specialty workshops at The Wellness Spa.

**Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 [www.WellnessSpaResort.com](http://www.WellnessSpaResort.com)**