

Winter Solstice Yoga Celebration



Winter Solstice is a time to celebrate the gradual return of the light.

Join yoga instructor Lindsey Marshall to close out 2021. Taking place on the shortest day of the year, we'll honor the transition from fall to winter with intention setting and a yoga practice that is healing to the heart and soul.

Starting in a room of complete darkness, like the winter solstice, we will gradually return to light as more candles will be lit to brighten our way through practice. Relax in silence and allow yourself to experience the benefits of moving slowly and the wisdom of going within.

Our yoga practice will be designed to calm the mind and soothe the nervous system. We'll explore some breathing practices that encourage inner awareness and take time to reflect and set intentions for the upcoming year. This workshop is open to all levels of yoga students.

When: Tuesday December 21, 2021

Where: Enlighten Wellness

Time: 6:00pm to 7:30pm

Sign up online to reserve your spot. Class size will be limited so sign up early! Price is \$30 per person.