



Yin Yoga + Yoga Nidra Workshop Series

Join us one Saturday a month, February through May, for a relaxing and transformative 90-minute experience.

This special series invites you to slow down, unwind, and explore the power of stillness. Each workshop pairs Yin Yoga for deep release with Yoga Nidra for complete mind-body restoration.

- **2/21 — Awareness & Foundation: An introduction to Yin Yoga and Yoga Nidra**
- **3/21 — Energy & Acupressure: Yin Yoga with acupressure and Yoga Nidra**
- **4/18 — Tissue & Myofascial Release: Yin Yoga with myofascial release and Yoga Nidra**
- **5/16 — Presence & Self-Care: Yin Yoga with self-Reiki and Yoga Nidra**

Cheri is a lifelong yoga and meditation practitioner who began teaching in 2002 and has a deep commitment to sharing the healing power of mindfulness. With specialized training in Yin Yoga, Senior Yoga, and Menopause Yoga, she creates welcoming, restorative spaces for deep rest and renewal.

**\$ 25- Y Members/per class
\$ 40- Community/per class**

**SATURDAYS
2/21, 3/21, 4/18, 5/16**

4:00P – 5:30P

**Details & registration:
<https://ashlandymca.org/>,
or SCAN QR code.**

