



# YIN YOGA WITH RADKA

**SATURDAY, 4TH OF APRIL 2020  
5.45-6.45 P.M. WITH RADKA**

Balance your yoga practice from Yang to Yin.  
Yin Yoga is slow and static, focuses on holding postures  
for a few minutes while muscles are relaxed  
and joints are exercised to their full range of motion.  
The practice improves energy flow and also offers mental and emotional benefits.

This workshop will be taught by Radka in English.  
Same rates apply as for a regular class.

Sign up only via [info@studio12-munich.com](mailto:info@studio12-munich.com)