


# Sierra Shanti



# YOGA

## Yin Yoga & Essential Oils

with Lindsay McLaughlin

Sunday May 24<sup>th</sup>

Cost~ \$25

10:00-12:00 AM

Yin yoga is a style of Taoist yoga that emphasizes opening the deeper energetic channels of our body by relaxing the outer musculature and applying therapeutic stress to the skeletal and connective tissues. In this Yin Yoga with essential oils class we will be focusing on the water element which brings attention to the kidney and urinary bladder meridian lines while practicing letting go of fear and letting wisdom in. We will pair this sequence with aromatherapy using DoTerra essential oils aromatically and topically.



Lindsay McLaughlin

Has continued her practice of yoga for 10 years and has taught for 6 years. She is a dedicated yogini who grew up in the mountains of Montana, moved to Florida then west again to California where she currently lives in Mammoth Lakes. She believes in combining yoga, pranayama, meditation and deepening self-awareness while applying a practice according to your stage of life and what is needed therapeutically. In her classes she emphasizes the importance of alignment and staying present with the breath. Currently she is studying yoga therapy with the Wisdom Method School of Yoga to become a Yoga therapist in hopes to help people become more aware of their bodies and empower them to take control of their healthcare with alternative methods!

Lindsay is a 200-hour Certified Yoga Teacher from Core Power Yoga in San Diego, Certified Adaptive Yoga Teacher for people with disabilities and Stand UP Paddleboard Yoga Certified.

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