

HOSTED BY: PHYSICAL THERAPY CONCEPTS

# YIN YOGA & SOUND BATH



What is yin yoga?

A passive style of yoga involving a series of yoga postures held for 1-5 minutes that focuses on lengthening connective tissues like fascia.

What is a sound bath?

A combination of different sound frequencies produced by various instruments like crystal bowls. This can help induce a deep state of relaxation.

Friday August 26th

5:15p - 6:30p

\$30

3858 W. Carson St. Suite 115  
Torrance

Sign up on Eventbrite

<https://www.eventbrite.com/e/yin-yoga-sound-bath-tickets-394919152817>

Led by



Chinatsu  
IG: studiobrb



Andrea  
IG: andreamoracle

Questions? [brittnaylg@gmail.com](mailto:brittnaylg@gmail.com)