



First Responders Foundation Physical Health Team

YIN YOGA



New for first responders and family members!

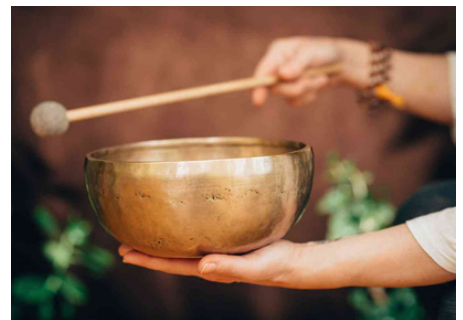
45 minutes of Zink style Yin Yoga, holding long stretches with breath work; followed by 15 minutes of sound meditation relaxation with Himalayan brass bowls. Yin yoga offers deeper access to the body targeting our connective tissues, fascia and ligaments with the aim of lubricating and protecting our joints. These are areas of the body often not reached with a typical yang style of yoga practice or fitness regime. Compliment your regular workouts with this unique yoga experience. Instructor is retired Omaha Police Officer Mechelle Keller

Wednesday's from 6-7pm

The cost is \$60 for a punch card or \$20 drop in fee. Each punch card will allow you up to 4 classes to be used in a 45 day period.

Sign up here!

<https://frf.pushpress.com/open/subscribe/yols>
(see link below)



Facilitated by the First Responders Foundation Physical Health Team. For more information contact adam@firstrespondersfoundation.org or call 402-788-1574.