

Astro Yin Yoga

Sundays, 12:00 to 1:15 pm

Yoga Loka 4834 Folsom Blvd., Sacramento, Ca. 95819

Astro yoga combines astrology and yoga to create a meditative and healthy balance in your energy. The room is warm (**not hot**), with Christmas lights as mood lighting.

An astrology weekly forecast is given in each class.

If you attend the class, I will e-mail you a 20-page personalized astrology report, based on the location, month, day, time, and year of your birth.

Every class is different and we do the postures in the astrology chart for that yoga class.

For example, when the Sun is in Libra, we do poses from the postures [below] that are associated with Libra. The key for Libra is to find and maintain balance.

LIBRA - INTENT AFFIRMATION: *I draw harmony, balance, and artistic sensibility into my life.*

THE BALANCE SERIES: Tree Posture, Tree Posture Two, Standing Knee to Chest, Bowing to Leg, Standing Extended Leg, The Eagle, The Rain dancer, The Airplane, The Crow, Extended-Leg Squat, Squatting Tree.

When the Moon is in Aries, we do poses from the postures [below] that are associated with Aries. The key for Aries is Initiative.

ARIES - INTENT AFFIRMATION: *I now pull in initiative, Leadership, willpower, innovation, new ideas, and independence.*

THE WARRIOR SERIES: Postures - The Mountain, Warrior one, Warrior Two, Fierce Warrior, Warrior Two reversed, Kneeling Warrior, Warrior Three.

I hope to see you on Sunday, from 12:00 to 1:15 PM.