

# Yin-Ergetics

with  
Lisa Jansen

WHEN: Select Fridays, please see website for dates  
[www.centralcoastyoga.com](http://www.centralcoastyoga.com)

WHERE: Central Coast Yoga  
900 E. Grand Avenue, Arroyo Grande  
(on the corner of E. Grand and Halcyon)

COST: \$22, please register ahead of time as space is limited

TO REGISTER: Call or email Diana Lowery  
805-474-8876  
[centralcoastyoga@live.com](mailto:centralcoastyoga@live.com)



## *WHAT IS YIN-ERGETICS?*

Through 25 years of practice and 11 years of teaching, Lisa has combined the yin style of yoga, guided meditation, and energy healing. While holding yin yoga postures, Lisa will guide you through healing meditations that promote deep peace and release on all levels – physical, emotional, mental, and spiritual. After participating in Yin-Ergetics, one will leave with an expanded and open state of awareness, both body and mind. Chronic tension or “dis-ease” will begin to dissipate, and one will tap into how to maintain that opening. All can benefit, even if you’ve never done yoga before! Feel free to join Lisa as she shares her wisdom, guidance, and healing techniques.

