Temple Sholom in Broomall

YIN YOGA AND HIMALAYAN SINGING BOWL FOR SHABBAT & TU B'SHEVAT

As Tu B'Shevat, the Holiday of Trees, approaches us on February 10, and as we prepare to welcome Shabbat, we celebrate with a therapeutic Yin Yoga class and a Himalayan Singing Bowl concert for peace and relaxation.

Appropriate for all levels. Yin Yoga involves variations of seated/reclining poses typically held for 3-5 minutes. This practice is designed to increase flexibility around knees, pelvis, sacrum, and spine. This program will run for 90 minutes.

Led by Pam Urbas and Andy Duchovnay. Pam is a Yoga Alliance Yoga Techer who teaches Yin Yoga and is a Reiki Master. Andy is a former EPA attorney and environmentalist who is also Reiki trained. Both are certified Himalayan Singing Bowl Sound Healers who were trained in Nepali traditional techniques. Together, they are owners of Indigo Sanctuary, a spiritually oriented business.

FRIDAY, FEBRUARY 7
5:30 PM

Please dress in loose clothes or Yoga attire, and bring your yoga props with you: mats, blocks, blankets, etc.
Sponsored by WellnesSquad of Temple Sholom.
Contact the Temple office with questions, (610) 356-5165.