Yin Yoga with Jackie Härdig

# June 27th, July 11th, July 25th, August 8th (Every other Monday)

# 17:00 to 18:15

This simple yoga class is an antidote for the modern lifestyle. We counter the action oriented reality of everyday life with long held poses of 3 to 10 minutes which allow us to soften into our innate beingness, reset the nervous system and come back to a state of balance and health. Almost all postures are performed seated or lying down.

When we passively hold a posture for a longer period of time, then the stretch moves beyond the muscles and into the deeper tissues of the body- the fascia, joints, tendons and ligaments. Life force energy is redirected into these areas and they are revitalized.

As the physical body opens up, we may also open up to our subtle energies and emotions. There is no right or wrong in this practice, rather it encourages whatever is experienced in the moment to be held in the light of our awareness without judgment.

Classes are taught in English. If you are currently injured, please tell Jackie before the class.

Class is held in Millestgården’s picturesque barn. Pre-book your spot on [www.millestgarden.se](http://www.millestgarden.se).  Please pay by cash or swish to Jackie Härdig at 073 033 0682 upon arrival.

Single class: 160 kr.

Prepay for 5 classes: 600 kr. Please prepay to Jackie by cash or swish and note your name and that the purchase is for 5 yoga classes at Millestgården.

There is also the option to come for fika before the class. Fika is offered from 16.00 at Millestgården or stay for dinner after the class. Dinners feature either local or organic fare, depending on the dish.

Warm welcome to Millestgården :)