

## Mindful Movement

### Restore. Realign. Reconnect.

Mindful Movement is a deeply nourishing class designed to bring your body and mind back into balance. Drawing from the gentle yet powerful principles of **Yin Yoga**, this session focuses on long, passive holds and mindful breathing to unlock tension, release tight muscles, and support deep healing from within.

Unlike more dynamic forms of exercise, Mindful Movement works with **stillness and surrender** to target the **deep connective tissues** of the body—including ligaments, joints, bones, and the deep fascia network. These tissues are often neglected in fast-paced workouts, yet essential for joint health, mobility, and injury prevention.

The space is thoughtfully prepared to enhance your relaxation:

- **Soft lighting** helps calm the nervous system
- **A slightly warmed room** supports circulation and flexibility
- **Intentional breathwork** enhances each stretch, inviting your body to fully release

This class is perfect for anyone feeling tight, fatigued, stressed, or simply in need of a slower pace. Whether you're a seasoned athlete or new to movement, this is your time to pause, listen inward, and nourish yourself—physically, emotionally, and energetically.

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### Dress Code:

Wear **comfortable, stretch-friendly clothing** such as leggings or tights and a loose-fitting top. Class is practiced **barefoot** or with **grippy socks** for stability and comfort.