



# Yin Yoga

## August 10, 2023

**11:30pm – 12:30pm**  
**Virtual Session | Microsoft Teams**

Yin Yoga is a style of yoga with longer holding stretches for a minimum of 2 minutes to as long as 8 minutes. By holding the pose longer the parasympathetic nervous system is triggered resulting in calming the mind and body. It is a natural way to reduce stress / anxiety and increase flexibility when practiced consistently.



### Registration Options:

Register online at <https://bit.ly/OakFit-EstatePlanning>

If you are unable to attend after registering you will be sent a link to view the recorded session.

### Meet your Speaker:

Kaytee Dempster originally took yoga teacher training to deepen her personal practice; through learning the healing benefits of yoga she was inspired to teach. She believes "You learn a lot about yourself practicing yoga--- physically, mentally, and spiritually." She has been practicing yoga for over a decade, " I fell in love with the discipline of the practice, it became a way I could check in with myself while checking out from the world for a while." Her classes are designed to be accessible yet challenging.

**For questions, contact Dawn Hunt at [huntd@oakgov.com](mailto:huntd@oakgov.com) • (248) 858-5473**

