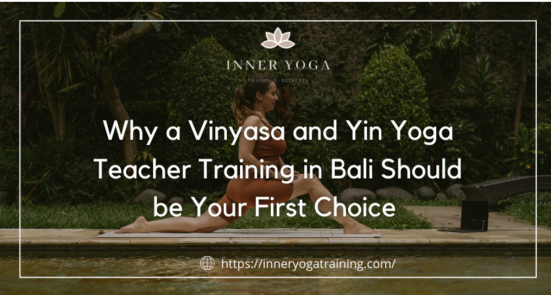


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You know those days; youre feeling really tired and maybe a bit stressed. You drag yourself out of bed and fuel up on coffee before rushing off to work. You have a full day at work busy again, mind racing. Then you rush off to a vinyasa yoga class to push yourself some more, even though by this stage youre feeling totally exhausted. Sound familiar? So many of us are living stressful lives and its hard to slow down and find stillness in the day. It is these days that a slower, more mindful yin yoga class can be the perfect antidote rather than a vinyasa class. By the same token, some people are very stagnant in their jobs, sitting all day at desks and a vinyasa yoga class is better for them to get their ene...



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