



# Yoga with Lynn

**Monday's 11:00 a.m. to 12:00 p.m.**



**Lynn** moved here from Los Angeles 7 years ago with her husband and 2 Australian Shepherds. Her background was in advertising, and after closing her agency in 2007, she got her Yoga certification from YogaWorks/LA working under Annie Carpenter and several other well-known instructors. Once certificated, Lynn taught private lessons, taught at corporations, Children's Hospital/LA, and schools.

Here in Durango, Lynn has an active teaching schedule and conducts private lessons.

"I've been practicing yoga for many years now and teaching yoga brings me such joy. I enjoy imparting my knowledge to other people so they too can experience the many benefits of yoga".



# Yoga with Jen



Welcome Jen! She recently relocated to Durango from New York, in a quest for a more balanced, outdoor lifestyle. Jen holds true to her personal dharma, which is to support and guide people with yoga and its various practices. Jen's favorite pose is Ustrasana, also known as Camel Pose, mainly because it was one of the most challenging for her to learn. The yoga that is cultivated on the mat during the asana practice is a wonderful skill that is able to be transferred off of the mat and into everyday life to create a more calm, centered existence. Jen received her RYT 200 hour certificate from Always-at-Aum under Robin Appel Maida.



Tuesday 9:30-10:30

### ***Yin~Yang~Yoga~time***

The first portion of the class will be breath linked movements. The second half will be a place to surrender into stillness, with longer held postures, which aid in opening tension filled areas of the body, all levels.

Wednesday 12-1

### ***Lunchtime Yoga***

Before you have a healthy nutritious meal join me for a moderate flow class, beginning in meditation to ground and center, all levels welcome.

Thursday 9:30-10:30

### ***Yoga Relax and Restore***

Calling all blankets, bolsters, blocks, pillows, and any other props you wish to support your body in this effortless practice. Truly restore and reconnect to your best self, all levels.

Friday 10-11

### ***Yoga for Golfers***

This gentle class focuses on your breath and body awareness, as well as countering the repetitive movements used in your golf game. Twisting poses and various arm, wrist, and hand movements will balance the body, all levels welcome.



*Private classes available, message me for details [jlhdesignstudio@gmail.com](mailto:jlhdesignstudio@gmail.com)*





**Cost: \$10.00 (DR Member) or \$12.00 (Non-Member) per session**  
**\*\* Discounts available with purchase of 5 or 10 Session Package**

**Sign-Up or Questions:**

Please contact Lynn @ (310)880-7290 or email her at [lynnmgriffith@gmail.com](mailto:lynnmgriffith@gmail.com)

Please contact Jen @ [jlhdesignstudio@gmail.com](mailto:jlhdesignstudio@gmail.com)

***Drop-Ins are also welcome!***