

RESTORATIVE YOGA WORKSHOP



Sunday, June 13, 2021

5 - 7 pm

\$20 cash or check, \$20.91 cc
(Add \$5 if you register after June 5)

In Person

(Space is limited)
or

Live Virtually

(Space is Unlimited)

Bring your own mat and mask.

**You can bring your own props
or use the studio's.**

An email will go out Saturday night.

Restorative yoga is a relaxing, calming practice where you can let go and breathe. It allows you to find stillness in supported poses, while calming the nervous system.

Restorative practices are a good complement to more active practices.

In this workshop, the teacher will guide you into each pose where you will be supported by the props, and you can relax into the pose for seven to ten minutes. Your body will not be warming the way you would be in a regular practice.

Although you are supported, you will still feel a stretch.

What to know:

- pre-registration required
- no yoga experience needed
- bring a yoga mat and mask
- wear warm comfortable clothing
- wear/bring socks
- no perfume/cologne



Creative Actions Yoga

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