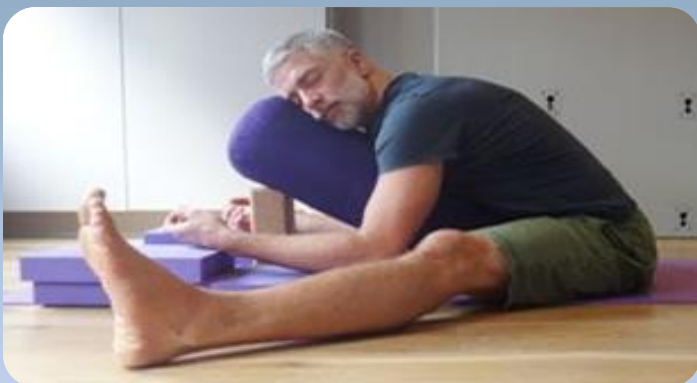
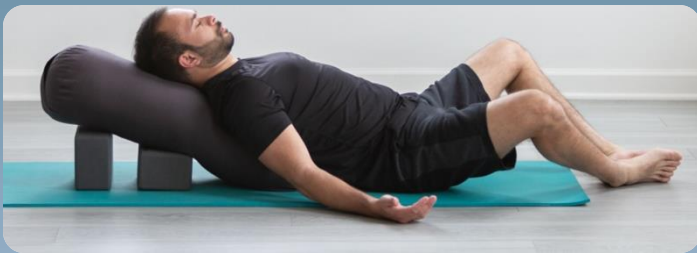


RESTORATIVE YOGA

REST – RESTORE – REJUVENATE



A great way to wind down
for the evening.
Family Friendly class

MONDAY
7:45–8:45pm
Meditative Studio

Instructors:
Tiffany Straley
Nicole Holmes

Restorative yoga encourages physical, mental and emotional relaxation. Appropriate for all levels, restorative yoga is practiced at a slow pace, focusing on long holds, stillness and deep breathing. With the support of props, such as folded blankets and bolsters to relax the body, reduce stress and prepare the body for sleep, Restorative yoga is meant to melt away muscle tension, create space in the body and alleviate stress.