RESTORATIVE YOGA

Sunday's

12:15-1:15pm

(Starts Nov 8, 2026)

Instructor: Nicole Holmes

BENEFITS OF RESTORATIVE YOGA

- Improves flexibility
- Stills the mind
- Promotes a healthier lifestyle
- Improves capacity for healing and Balance
- Calms and soothes the nervous system
- Boosts your immune system
- Enhances your mood
- Encourages mindfulness
- Deepens self-awareness
- Deeply relaxes the body
- Reduces stress
- Improves sleep

Restorative Yoga is the centering of your breath and body - aligning the physical and mental by practicing stillness or gentle movement for extended periods of time. The props assist in helping you to hold poses longer. As the name suggests, this style of Yoga "restores" the body to its parasympathetic nervous system function, which in turn, helps the body rest, heal and restore balance.



