



RENEW YOUR MIND, BODY AND SOUL WITH RESTORATIVE YOGA

Relax

The antidote to stress is relaxation. Relaxation is a state in which there is no movement, no effort, and the brain is quiet. **Restorative Yoga** focuses on relaxation, renewal, effortlessness and ease. Blankets, bolsters, straps, and other props safely support the body in various postures which allows the body to move towards a state of balance. This practice soothes your nervous system, helps you quiet your mind and invites you to release deeply held tension.

Restore

Drop-in Restorative Yoga classes held at Yoga North once per month. All are welcome. No experience needed. You don't need any props, just comfy clothes and a desire to let go of stress. Visit www.DoRestorativeYoga.com for a class description, schedule, sample poses, FAQ's and more.

Refresh

Treat yourself to a **Private Restorative Yoga** session. Perfect activity for family get-togethers, reunions with friends, wedding party events, etc. Lessons run 90 minutes and are held at Yoga North. Weekends and weekdays available. Prices start at \$80. Maximum group size is 20. Call Yoga North at 722-YOGA to schedule your private (individual or group) **Restorative Yoga** session.

Renew