

RESTORATIVE YOGA And iREST YOGA NIDRA

Fall is the season of changes and transitions: a time to take stock, let go of burdens or stress and consider our blessings. Creating the space for stillness to honor this process can sometimes be a challenge. We invite you to experience relaxation and rejuvenation through the practice of Restorative Yoga asanas and meditation.

Restorative Yoga is a soothing asana practice with passive, supported poses held for extended periods. We use lots of props so the body can fully relax and release tension and stress. It is a gentle practice that soothes the Central Nervous System.

iRest Yoga Nidra is a profoundly transformative meditation. While resting in stillness, you experience deep states of relaxation yet maintain consciousness and awareness. By observing and welcoming various aspects of what is present in the body and mind, you will recognize and experience an underlying peace.

This workshop is appropriate for ALL levels. Come join Jessica as she shares her training and experience in this workshop:

FRIDAYS: SEPT 18th, OCT 16th, NOV 20th, DEC 18th 6:30-8:30 pm
Raleigh Yoga Center (visit www.raleighyoga.com)
Cost: \$20

Three participants registered by the Thurs before are necessary. Please email janebarrett@nc.rr.com to reserve your space.