

# RESTORATIVE YOGA

We invite you to attend a monthly Restorative Yoga workshop as a way to rest your nervous system and quiet your mind. The supported poses and meditation offers you great capacity for growth, deep relaxation and true well being.

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.

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

**FRIDAYS: Dec 15<sup>th</sup>, Jan 12<sup>th</sup> and Feb 16<sup>th</sup>**

**TIME: 6:30-8:30 pm**

**COST: \$20**

**Raleigh Yoga Center ([www.raleighyoga.com](http://www.raleighyoga.com))**

**Three participants registered by the Thurs before are necessary. Please email [janebarrett@nc.rr.com](mailto:janebarrett@nc.rr.com) to reserve your space.**