



# Operation *Relaxation*

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Have you ever wished there were nap times for adults? Slowing down and feeling relaxed in body, mind and breath during the hectic day can be a challenge – but it is possible to be comfortable under stress, with a peaceful mind and a healing breath. In this workshop, we'll connect with our own deep sense of calm by letting go of worries, expectations, judgment and pressures for two delicious hours. Learn the tools of peace that can benefit everyone!

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**Restful Restorative Yoga**  
**Reiki Energy Healing**  
**Calming Breathwork**  
**Guided Meditation**

**Sat., May 12, 2018**  
**2 - 4 p.m.**  
**RM 75**  
**Wholey Wonder**  
**Hin Bus Depot**  
**Georgetown, Penang**



**To sign up,**  
**call 04-218 9006**  
**or stop in today!**

All mats and props are provided, but please bring an extra blanket. Wear loose, comfortable clothing. This workshop is offered by Suzanne Wentley, certified Yoga Teacher and Reiki master. To learn more, go to: [www.thelovelightproject.com](http://www.thelovelightproject.com).



*Space is Limited!*

