

Hot Stones • Essential Oils • Chakras

RESTORATIVE YOGA WORKSHOP



When: June 18, 2017

Where: Sutras Yoga Studio

Self-Investment: 25\$ pre-register / 30\$ day-of

In this workshop, you will learn about the *chakras* and be led through a sequence of gentle and restorative yoga poses directly linked to each chakra. In each pose, hot stones will be placed upon the corresponding chakra to bring about a physical awareness of that specific energy center. Essential oils and visualization techniques will assist in creating balance and a deeper awareness.

Those attending the workshop should bring their yoga mat, a glass or ceramic water bottle or cup and wear comfortable, loose clothing. If you do not have a mat, they are provided at the studio at no cost.

Prior registration is highly recommended as space is limited! Those interested in attending should contact Emily or Shayla to reserve their space.

Namaste!