



Do Restorative Yoga

Renew your mind,
body and soul

This class features a unique combination of Restorative Yoga poses infused with gentle stretches. It's centering your breath and body - aligning the physical and mental by practicing stillness and gentle movement. Restorative poses are supported with props allowing relaxation and balance to settle into the physical body.

This is a relaxing and rejuvenating experience for the body, mind and spirit.

Class is taught by E-RYT Sandra Coyner. www.inspiredbyearth.com

*This class is appropriate for all levels

**Please bring mat, bolster, blanket and two blocks.

(Email sandracoynere@yahoo.com for more info on props/alternatives)

Fee: \$15