



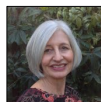
Restorative Yoga

Fee: \$17 drop-in; \$145 for 10 classes

Restorative Yoga helps relieve the effects of chronic stress and is based on a series of restful postures designed to cleanse and nourish the organs, renew the spirit and peacefully restore our energy. The use of props in these gracefully sequenced asanas provides a completely supportive environment for total relaxation and deep rest. This class is designed for people of all ages and levels of fitness and is ideal for those recovering from injuries or illness and those in need of deep rest and rejuvenation.



Mondays; 4:30–5:45pm
with Diane Valentine



Fridays; 4:30–5:45pm
with Rebecca Neff

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