



## Focus Classes

### Restorative Yoga

March 26

6:00 – 7:30 pm

## Restorative Yoga

This class will feature a sequence of yoga poses that will help rest and rejuvenate you. Yoga is not always about strength and flexibility it also has the power to bolster your well being by softening and opening tense areas, stimulating circulation and creating a feeling of contentment. Doing restorative poses regularly is an important part of a yoga practice because they balance out the more strenuous aspects of a regular routine. Women on their periods, during menopause and afterwards find this practice invaluable and men are surprised at how beneficial they find it. Six months of Iyengar yoga experience required.

Pre-registration is necessary by March 18 , minimum 6 & limited to 12 participants.

Sunday, March 26

6:00 - 7:30 pm

Pam Lindberg

\$25/class



Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

March 26 \_\_\_\_\_ Total Enclosed: \_\_\_\_\_

Make checks to Pam Lindberg Please pre-register by March 18. No discounts.