



Focus Classes

Restorative Yoga

November 19

5:00 – 6:30 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. Six months of Iyengar yoga experience required.

Register online: www.yogaspacennarbor.com or mail in a check.

Pre-registration is necessary by November 11, minimum 6 & limited to 12 participants.

Sunday, November 19 5:00 - 6:30 pm

Pam Lindberg \$25/check \$28/Credit



Name _____ Phone _____

Address _____ Zip _____

Email _____

November 11 _____ Total Enclosed: _____

Make checks to The Yoga Space Please pre-register by November 19. No discounts.

You may also register on line: www.yogaspacennarbor.com.