



## Focus Classes

### Restorative Yoga

January 28

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](http://www.yogaspacennarbor.com) or mail in a check.

Pre-registration is necessary by January 20, minimum 6 & limited to 12 participants.

Sunday, January 28

5:00 - 6:30 pm

Pam Lindberg

\$25



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

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

Email \_\_\_\_\_

January 28 \_\_\_\_\_ Total Enclosed: \_\_\_\_\_

Make checks to The Yoga Space Please pre-register by January 20.

You may also register on line: [www.yogaspacennarbor.com](http://www.yogaspacennarbor.com).