

RESTORATIVE YOGA

Restorative Yoga uses a variety of props including blankets, blocks, bolsters, and pillows to help you relax. All poses are on the floor and the props are used to support and hold you. This class is great to help you slow down, restore and heal your body. The deep relaxation comes from the opening of body energy channels, deep stretching, visualizations, and breathing. If you are stressed and overwhelmed this is the class for you!
You will walk out renewed, standing tall, and smiling!