



MARCH 20, 2015

RESTORATIVE YOGA

Nourish yourself with a sweet and deep restorative practice. Let go at the end of your work week. With a practice that has an emphasis on being rather than doing, this practice brings us into harmony with the body's inherent rhythm. Restorative yoga soothes the nervous system, supports immune function, calms the mind deepens our breath and enhances our experience of well-being and our true inner nature.

Time: 7:00pm-8:30pm

All Levels



**Friday Night
Release**

**~Breathe~
~Surrender~
~Unwind~**

**6255 Barfield Rd
Suite 145.
Atlanta, GA 30328**

**Please call to
register 404-920-8492**

***Limited spaces
please register
early!***

\$15 per student

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ERYT-200**

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