



BLANKETS, BOLSTERS AND BLOCKS, OH MY!

Nourish yourself with a sweet and deep restorative yin blend 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.

October 16th – Discover your Chakras in a Restorative/Yin Class

November 13th – Yin For the Low Back

December 11th – Restorative to alleviate Holiday Stress

Time: 6:30pm-7:45pm

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!***

\$20 per student

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ERYT-200**

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