

Restorative Yoga and Massage Workshop

With Marilyn Bird, RYT

Sunday, February 19th, 4:00 pm - 5:30 pm

\$25 in advance, \$30 at door

Space is limited and preregistration is recommended.

Appropriate for all fitness levels, no prior yoga experience necessary

This workshop combines a soft, Restorative Yoga practice accompanied by massage to ease muscle aches and tension and create relaxation.

A passive form of Hatha yoga, Restorative Yoga allows you to experience asana from a different perspective. These relaxing postures are fully supported by blankets, bolsters and other props and are held for several minutes at a time to invite release and enhance breathing awareness. Each posture reduces the effects of chronic stress, diseases and fatigue in the body. You will leave feeling completely revitalized and renewed.

Please bring at least 2 firm bed pillows or sofa cushions and a blanket.

Marilyn is a registered yoga teacher, massage therapist and occupational therapist. She is a member of the International Association of Yoga Therapists.

Marilyn aspires to promote self-awareness and healing by teaching students the tools needed for therapeutic relaxation.

For more information, please visit the "Workshops" tab of our website:
<http://www.theyogastudioofshelby.com/>

For any questions or to register, please call the studio at 586-991-0760 or email: TheYogaStudioOfShelby@gmail.com

The Yoga Studio of Shelby
for Mind, Body & Spirit

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