

Restorative Yoga Workshop with Jenny Ahn

"Restore and Renew" certified instructor
under Judith Hansen Lasater

"Peace within makes beauty without." - *English Proverb*



**bring eyebag, blankets, bolsters
and an open heart and mind*

What is restorative yoga? It is the use of props to set the body in specific postures to stimulate or create a state of deep relaxation.

Restore your physical body, relax the mind, renew your senses and rejuvenate your spirit in this two-hour restorative session led by yogini Jenny Ahn.

Allow yourself to let go and release into a state of deep rest. This is when true healing begins.



Sunday, March 7th 3 pm - 5 pm \$30 pre-paid, \$35 at the door

www.Omadawn.com

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