

RESTORATIVE WORKSHOP W/ MICHELE

AT COMMUNITY YOGA

June 5th, 2:30-4:30

Restorative Workshop w/ Michele Registration and RSVP to Amy at 704-491-4749

Cost - \$25 all proceeds go to Charlotte Community School for Girls

Restorative Yoga is what your body has been craving if you would have listened. This incredibly relaxing form of yoga is a fully supported, conscious body/mind relaxation practice. These soothing and well-supported poses (blankets, bolsters, eye bags, etc.) offer us the opportunity to linger quietly for a few moments and savor the simple sweetness of life. The most relaxing form of yoga allows complete relaxation to envelope your body and you and supports you. Totally and completely allowing you to sink blissfully into deeper levels of relaxation than you thought possible. Your body opens, softens, and lightens as both physical and emotion tension flow out of your body leaving you feeling nourished, well rested, and soothed. This practice is perfect for times when your body feels fatigued, or you are about to, or currently experiencing any major life events. The result is true bliss.

Michele Mathiesen, RYT, LMBT NC #6472. has Advanced Teacher Yoga certifications in Yin Yoga, Restorative Yoga, and Pre& Post-Natal Yoga & has been studying yoga for 20 years and bodywork for 8 years resulting in a style uniquely her own, described by many and the most informative class ever! To read more about Michele see her personal website at www.barefootyoga.name, or call her with questions at (704) 502-3440.

To reserve a spot contact Amy at (704) 491- 4749.



COMMUNITY YOGA

115 North Main Street

Cornelius, NC

www.communityyoga.com

704-491-4749