



Essential Yoga for Well-being

A Restorative workshop with Cindy Phillips

RESTORATIVE YOGA focuses on de-stressing and deep relaxation. We will weave together breath awareness, mindful movements and moments of extended stillness and silence. Blankets, bolsters, and blocks will safely support and surround the body in various postures which allow the body and mind to experience inner peace, quiet and stillness. This practice will soothe your nervous system, nurture your immune system, promote a healthy spine, calm the mind, and create an overall feeling of balance and well being.

Yoga works for all types of bodies, through all stages of life and for each persons different moods and life experiences. No matter your age or your level of practice, slowing down, going deeper into poses, and feeling the restorative powers arise from within can do wonders for an over stimulated and energy depleted mind/body.

Saturday, February 11th

9:30 - 11:30am

\$25

ALL LEVELS WELCOME

island yoga space
ANNAMARIA ISLAND

www.islandyogaspaces.com • 9805 Gulf Drive

Pre-registration required.
Payment in full reserves your space!
To register: info@islandyogaspaces.com
or 941-224-0292