

Evening Candlelight Restorative Yoga Class

Trish invites you to join her the 4th Thursday of the month to unwind and destress.

What is restorative yoga?

Restorative yoga focuses on relaxing in poses with the aid of props, to achieve physical, mental and emotional relaxation. Props include blankets, bolsters and blocks set up in a variety of poses to ensure you are supported and comfortable, without strain or pain, as each pose may be held for several minutes.

Restorative yoga stimulates our parasympathetic nervous system (PSN) when we relax into poses, reducing stress in our bodies. Our PSN is responsible for slowing our breath and heart rate down and increasing blood flow to vital organs.

How can I benefit from doing restorative yoga?

Restorative yoga helps to combat the physical and mental effects of everyday stressors. It can ease common ailments such as headaches, anxiety and insomnia; boost our immunity, enhance mood and improve our capacity for healing and balancing.

What do I need to bring to this class?

You and your yoga mat! All other props are provided. If you use a sleep mask or enjoy an eye pillow, you may want to bring that as well.



Schedule: 4th Thursday* of the month from 6:00pm to 7:15pm

Autumn Series: Oct* 3rd, 31st, Nov 28th, Dec 19th* (Exception this Oct/every Dec)

Winter Series: Jan 23rd, Feb 27th, Mar 27th, Apr 24th

Fees Payable in Cash Only: \$120 for 4-Class Series. \$215 Special for Autumn and Winter Series.
Flex-Option space permitting: \$150 for any 5 Classes Sep to Apr. Or \$35 p/class.

Minimum 3 and maximum 7 participants. Pre-registration is required. Yoga experience not required.