

# An Evening of Restorative Yoga: “Quiet the Mind”

**Tuesday January 27th at 6:00 pm**

The deep winter pause of January invites simplicity and rest. Join us for a reflective and grounding practice focused on quieting the mind, soothing the nervous system and softening mental chatter through supported poses, stillness and mindful breathing – offering space to reset without pressure or expectation.

We look forward to seeing you!



**Monthly Schedule: 3<sup>rd</sup> Tuesday of the month from 6:00pm to 7:15pm**

Dates: Dec 16, Jan 20, Feb 17, Mar 17, Apr 21, May 19

Fees Payable in Cash Only: \$35 per class | \$60 for 2 classes | \$125 for 5 classes.

Yoga experience not required.

Maximum 7 participants. Pre-registration is required.