

Winter Session: Evening Candlelight Restorative Yoga Class with Trish

Please join me on the last Thursday of each 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.



Class Schedule: all classes are Thursday evenings from 6:00pm to 7:15pm

November 30th, December 21st, January 25th, February 29th, March 28th

This 5-class package is available for \$125, or \$30 per session.

Maximum 7 participants. Pre-registration is required. All are welcome. Yoga experience not required.