

# RESTORATIVE YOGA

## The Yoga of Undoing

**date:** Thursday Dec. 12th, 2019

**time:** 6:30PM TO 8:10PM

**cost:** \$25.00\* early bird cash/check if prepaid  
\*no later than Thurs. Dec. 5, 2019 or \$28.00 online after Dec.6th

**location:** ONE Christian Church

**address:** 2901 E. Banta Rd.  
Indianapolis, IN 46227

**Class led by:** Renée Bogard, E-RYT®, Yoga Instructor

**To register: call Renée at 520-401-1662**

Visit [www.EssentialElementsYoga.com](http://www.EssentialElementsYoga.com) to register and download waiver

Mail payments to: Renée Bogard PO Box 7924 Greenwood, IN 46142

**Space limited!! Only 12 bolsters! Call today to reserve your space!**

This introspective **Restorative Yoga Workshop** uses props to support the body in releasing tension, quiets the mind for deeper meditation, and calms the spirit from our fast-paced and technology driven lives.

Experience long- held postures on special yoga bolsters to help open your back, shoulders and hips; essential oils for stress relief and Sound Healing music to enhance mindfulness.

*\*Complimentary herbal tea and refreshments provided after class.*

**Here are a few things participants have said of Renée's Restorative Yoga Workshop:**

*"I feel like I just got out of a massage".*

*"Wow, my back pain went away!" "I was so energized after this workshop... and yet very calm."*

*"This Restorative Yoga has led me to one of my deepest experiences in Meditation - I highly recommend it for those brand new to yoga or the advanced yogi looking for a more meditative practice".*

**Wonderful for those with:\* Injuries\* Illness\* Recovery\* PTSD\* Pregnant Women\* Seniors\* Athletes**



**If you can lie on a cushion, you can do this class!**