

REST & RENEW
Candlelight Restorative Yoga
For Women & Teens
Thursday, October 12, 7 - 9 p.m.

Church of St. Ann - Red Room



Join Romy for an evening of gentle restorative yoga that will connect you to your body, soothe your mind and enliven your soul.

Treat Yourself and come wind down as you prepare Your Body, Mind and Spirit for the upcoming holidays. Come rest in restorative poses that will bring you ease & allow you to ground down and rejuvenate your soul.

Prepare your mind and body to navigate the anticipated high expectations, parties, obligations and indulgences of the upcoming holidays, and prepare your spirit to be present to celebrate the most sacred time in our Christian tradition. The restorative practice will help you boost your self care, calm your mind and connect you to your spirit.

This class is perfect for new and experienced yogis! Get ready to connect to yourself and others as we breathe, stretch, sing and rejoice! Bring a pillow and a yoga mat if you have one. No worries if you don't have one. Please Register to hold a reservation to: maryannraccosta@hotmail.com



"Restorative yoga is an excellent opportunity to disconnect from the frenetic activity of daily life and let your speedometer return to 0 mph. It offers a welcome respite among all the turbulence of life and helps to prepare the mind and body for the inward stroke of meditation and deepened awareness. Moving slowly through the poses allows you to explore your mind and body at a steady and natural tempo."

- Deepak Chopra