

2 Dates....2 Opportunities to Relax, Restore, and Reset

With Holly

Sunday, January 29, 2012 2-4pm

Sunday, February 12, 2012 2-4pm

Cost \$25.00



How does a nap sound right now? Do you have trouble giving yourself permission to relax and enjoy stillness? Come to Grow Yoga for our restorative yoga class and see for yourself how doing less can be quite productive when it comes to opening the body. We will practice a variety of relaxing and restorative yoga postures to help you heal and rejuvenate your body and soul. Regardless of your age or body type, this class will take you deeper into the poses to help lower blood pressure, stimulate your immune system, and put your body and mind back into balance. Class size is limited, so reserve your spot today!!

Registration:

Online at growyogacolumbus.com

By phone at 614-487-9642 (YOGA)

In person at 1780 W. Fifth Ave.



1780 W. Fifth Avenue Columbus, Oh 43212
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