

WILLOW GLEN YOGA
A Center for All Levels of Practice



RESTORATIVE YOGA

Relax and Rejuvenate with Michelle Duguay

SATURDAY, MAY 31, 2008 1:00-3:30PM

FEE: \$40, \$35 IF PRE-REGISTERED BY MAY 30TH
REGISTER BY GOING TO WWW.WILLOWGLENYOGA.COM

What is Restorative Yoga?

Restorative Yoga has been described as active relaxation and is a method par excellence for attaining deep relaxation, tranquility and the many benefits of de-stressing. Using blankets, bolsters, pillows, blocks, straps and other props to support the body, students experience profound shifts in their nervous system; thus allowing a physiological shift to deep restfulness, calm abiding, and well-being. Gravity does the work as the body progressively relaxes and softens. As this occurs, so do the signs and symptoms of stress, such as depressed or elevated moods, hypertension, muscle tension, digestive problems, high cholesterol levels, eyestrain, headaches and so much more.

Relax and de-stress in this two and one-half hour yoga workshop with expert guidance. Learn to unwind your body and uplift your spirit with the help of breathing exercises, guided relaxation and the skillful use of props. You'll come away feeling like you just took a long vacation.

No previous yoga experience is necessary. Class size is limited.

Michelle's experience with yoga and natural, holistic healing spans some three Decades. She co-directs WillowGlen Yoga and teaches for the Stanford Hospital's Cancer Center.

408-289-YOGA • www.willowglenyoga.com

WORKSHOP