

Sweet, Sweet Restorative Yoga

with Nita Andrieu, RYT 500 and Certified Relax and Renew® Instructor



*Rich, warm and delicious...
Fall in love with Restorative Yoga.
Relax your body, quiet your mind
and recharge your energy.*

Saturday, February 11, 2012

3:30pm – 5:00pm

Fee \$25

Restorative Yoga is a quiet, gentle practice utilizing props (bolsters, blankets, and blocks) to fully support the body as poses are held for longer periods. These important poses relieve stress and bring a sense of calm to the mind and body.

ॐ Leave feeling rested, rejuvenated, lighter and calmer ॐ

- ☞ All levels welcome.*
- ☞ Dress comfortably.*
- ☞ All props are provided.*
- ☞ No yoga experience necessary.*



Space is limited! Please reserve your restful spot today.

All About Yoga

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702.458.8088 or www.yogainlasvegas.com