

RESTORATIVE YOGA

Restful Yoga with Carole Pompa



Relax & Renew Mother's Day Weekend

Saturday, May 9

4:00-5:30PM

\$35 per person (\$40 door)



This Mother's Day weekend, treat Mom to the greatest gift of all – ME Time & Relaxation, or join her for some quality time for Both Of You!

Are you seeking to bring balance into your busy life, a moment of peace in a busy world? Restorative Yoga is designed to give you a period of complete mental and physical relaxation. It is built around fewer Yoga poses that you linger in for 5-10 minutes at a time or longer while fully supported with blankets, blocks and bolsters. The goal is to deepen your stretch, clear your mind and sink into your body in a gentle way. Think of this practice as active rest – a moment in time to step away from everyday life.

Staying overly busy and rushing through life can have negative impacts on our health and well being. Restorative Yoga reminds us to slow down, puts our body on pause and opens a beautiful door into a self-care routine, which when practiced regularly can have a positive long-lasting impact.

The simple act of “active relaxation” can help move you into deep rest – a state in which there is no movement, no effort, and the brain is quiet. Active relaxation helps access your body's natural ability to restore itself from stress. Restorative Yoga is a mind-body approach to relaxation that gives us time and space to connect to a deeply peaceful, calm space within, untouched by the weight of obligations and responsibilities.

Bring your yoga mat and simply relax as we provide all of the props for a restful, restorative practice.



*Carole Pompa is an E-RYT500
Yoga instructor of 16 years and
certified in Restorative Yoga*

Pre-register: <https://www.updogyoga.com/workshops/rochester-workshops>



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