

Winter Within: Deep Restorative Yoga & Candle Light Meditation

Friday, January 29

7:30PM-9:00PM

\$30 per person (\$35 door)



with E-RYT500 Instructor Sandy DeWitte

Join E-RYT500 Yoga Instructor & Certified Meditation Specialist Sandy DeWitte to embrace the quiet, stillness and coziness of Winter as a natural season of rest and renewal that can be a peaceful time of inward reflection and a reminder to slow down and savor.

With less daylight and low temperatures, human biology and nature shift from active outward expansion to deep rest, mirroring the dormancy and stillness of the season. Just as trees and animals conserve energy through dormancy, honoring a slower pace helps build resilience for the active months ahead. Stepping back from constant productivity creates space to process thoughts, clear burnout, and listen to quiet internal signals to ease energy expenditure and prioritize internal repair.

This fully restorative workshop is suitable for all levels and provides a warm, safe, quiet space to completely slow down, turn inward, and reconnect with the quiet wisdom within to renew your energy and reset your nervous system. The practice will focus on specific supported poses that relax the body and re-program the nervous system:

- We begin with a Guided Trataka Candle Meditation to calm and center our focus
- You'll then become immersed in Restorative Yoga that uses lots of props and blankets so you feel fully supported and comfortably held in very gentle poses, with an emphasis on stillness and total relaxation. Once comfortably in position, each gentle pose will be held for longer periods of time so that you can fully sink in and relax - all while feeling comfortably supported.
- Chamomile Hot Tea will be offered to enjoy before and/or after class to provide soothing warmth to the body

Yoga instructors: Earn Yoga Alliance Continuing Education Credits by attending this workshop

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



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