

# RESTORATIVE YOGA

Restful Yoga with Carole Pompa



Relax & Renew

**Friday, August 2**

**7:30-9:00PM**

**\$30 per person (\$35 door)**

Are you seeking to bring balance into your busy life, a moment of peace in a busy world, or perhaps just a path to a calmer mind and body? Modern life is full of demands and deadlines and, for many of us, feeling stressed has become a way of life. While stress can be a great motivator and help us perform well under pressure, it can become overwhelming and begin to affect our health, relationships and quality of life.

Join us for this empowering 90-minute practice to help access your body's natural ability to restore itself from stress. Bring your finest instruments; your body, your breath, and your mind and take the first step toward a truly restorative mind-body experience.

Taking time out each day to relax and renew is essential to living well. The antidote to stress is deep relaxation – a state in which there is no movement, no effort, and the brain is quiet. The balance, presence and healing you seek can take root in a restorative yoga practice. The simple act of “active relaxation” can help move you into deep rest.



*Carole Pompa is an E-RYT500  
Yoga instructor of 13 years  
and certified in Restorative  
Yoga*

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



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