

Fall Ground & Cleanse

Workshop with Sandy DeWitte

Friday, October 2

7:30PM-9:00PM

\$30 per person (\$35 door)



Join E-RYT500 Instructor & Certified Yoga Nidra Specialist Sandy DeWitte (and Mother Earth) as you prepare and ground the body and mind for the change of seasons and the upcoming holidays. We will use Earth's grounding ingredients for a gentle practice of slowing down, releasing what you no longer need to carry into the Fall season and creating space within.

This amazing workshop is suitable for all levels and provides an open and safe space to let go of tension, pain, and unsettled energy we can all experience with the change of seasons to help re-ground, restore and bring harmony into your life. The practice will focus on specific poses that cleanse, purify, massage and stretch the digestive organs, reducing toxins, increasing energy and improving mental acuity:

- Yin & Restorative Yoga that explore stillness, mindful breathing and the art of letting go will be accompanied by sandbags to help ground you and discover hidden wells of Mother Earth's restorative power. Other various props will aid in easing you into simple postures, allowing the muscles to be supported while soothing the nervous system
- We'll then move into Yoga Nidra, a deeply restful and guided meditation often described as yogic sleep. As the body settles and the mind becomes quiet, you will be guided inward to reconnect with a sense of ease, presence and release
- Spiced Chai Hot Tea to enjoy before and/or after class

This workshop is an opportunity to step away from the busyness of everyday life and breathe, soften and surrender to re-ground and simply "be".

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

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



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