

# RESTORATIVE YOGA

Restful Yoga For Stressful Times with Carole Pompa



Relax & Renew!

**Saturday, July 23**

**6:00PM-7:30PM**

**\$25 per person (\$30 door)**

Taking time out each day to relax and renew is essential to living well. Sometimes the effects of stress present themselves during milestone life events and other times it's the little things that get us as we try to juggle job, family and life responsibilities. Stress is often accompanied by one or more negative effects; for example, impatience, frustration, irritation, anger, muscle tension, or headache. Over time, when stress becomes chronic, a residue builds up in the body that can lead to disease.

The antidote to stress is deep relaxation – a state in which there is no movement, no effort, and the brain is quiet. A restorative yoga practice is “active relaxation” with the use of props to support the body and help move it into deep rest. Relax and renew with us for a 90-minute restorative practice designed to promote deep rest and relaxation.



*Carole Pompa is an E-RYT200 Yoga instructor of 13 years and certified in Restorative Yoga*

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



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