

# RESTORATIVE YOGA

Restful Yoga For Stressful Times with Carole Pompa



Relax & Renew!

**Saturday, December 3**

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

**\$25 per person (\$30 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.

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.

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.

*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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