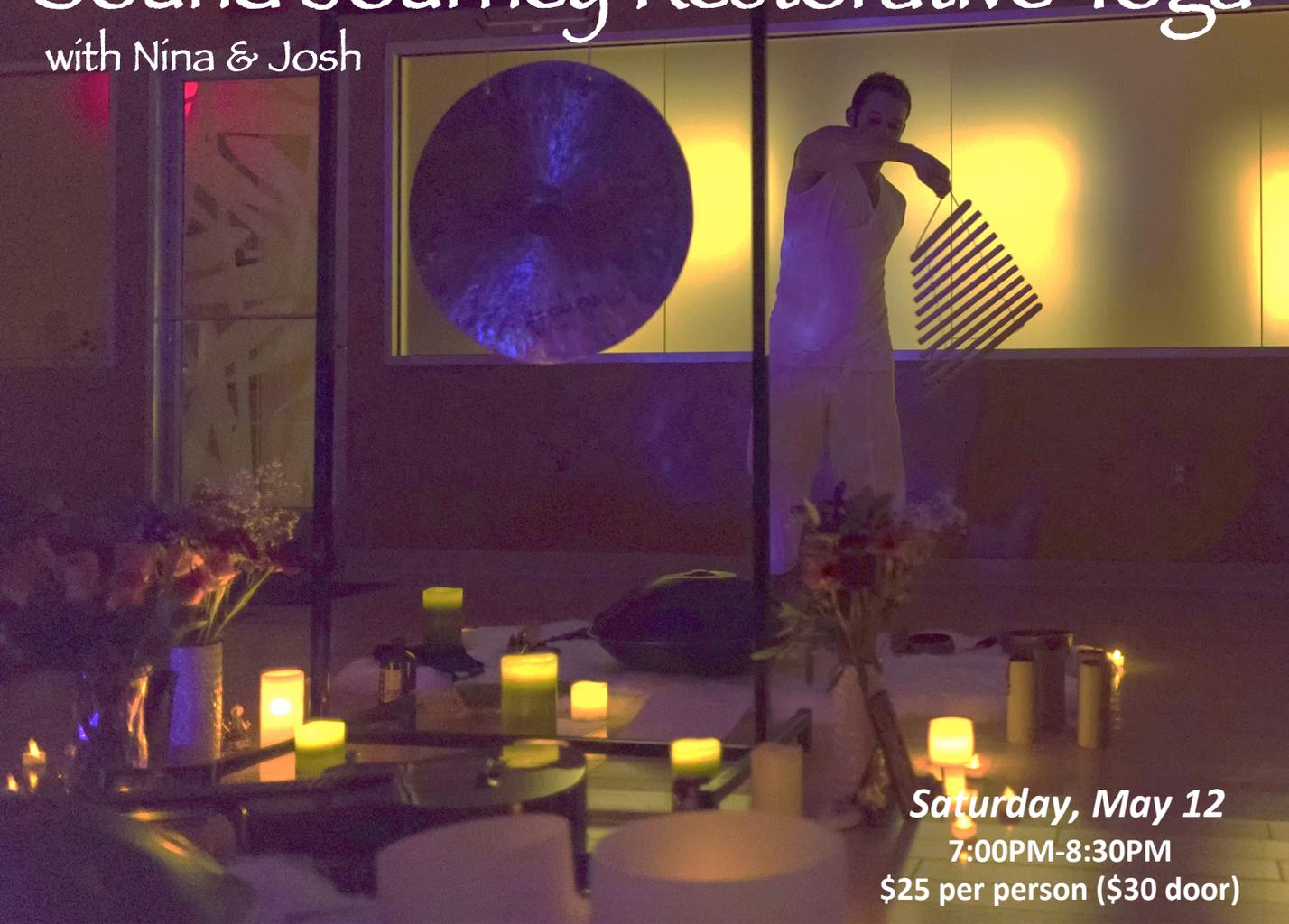


Sound Journey Restorative Yoga

with Nina & Josh



Saturday, May 12

7:00PM-8:30PM

\$25 per person (\$30 door)

Immerse yourself in the symphonic, soothing sounds of Crystal Singing Bowls, Handpans, Gongs, Swinging Chimes, Wind Chimes and Chanting by Nina and Josh. These unique and beautiful instruments will be your serenade into Restorative Yoga Poses.

Listening to percussive instruments helps the listener achieve a meditative state to reduce stress. Restorative yoga poses help us learn to relax and rest deeply and completely which benefits all organ systems within the body. Postures are deeply supported by blankets, blocks and other props to help you achieve a comfortable state of pure relaxation in each pose for several minutes at a time.

The combination of melodic sound and restorative yoga creates an ultra-sensory experience that gives us pause to linger in the moment and connect more deeply with our heart space to heal mind, body and spirit in a profound way. Experience the bliss of surrender and completely letting go as you settle into a place of stillness, leaving us feeling nourished and well rested.

Pre-register online: www.updogyoga.com/workshops



www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668

Named "Best Yoga Studio In Metro-Detroit by ClickonDetroit.com"