

Fall Ground & Cleanse Workshop with Stephanie



Friday, November 13

7:30PM-9:00PM

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



Join Stephanie Howard (and Mother Earth) as you prepare and ground the body and mind for the coming holidays! We will use Earth's "grounding ingredients":

- Sandbags: to help ground you and discover hidden wells of Mother Earth's restorative power
- Essential Oils: calm and cleanse to find a new you, refreshed and rejuvenated
- Various Props: to aid in easing you into simple Yin and Restorative Yoga postures, allowing the muscles to be supported while soothing the nervous system. Please bring your own blanket, bolster and block if desired or we will provide.

This amazing workshop is suitable for all levels and provides an open and safe space to let go of tension, pain, and negative energy, as well as help 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.

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

