



# RESTORATIVE YOGA

# *candlelight*

*for all levels* FIND DEEP RELAXATION + RELEASE YOUR EVERYDAY  
STRESS THROUGH THIS RESTORATIVE YOGA CLASS

## WHY IT WORKS

When you use restorative poses that free the spine to move in all directions you become aware of where you are holding tension. Once you focus on it, you can begin to consciously release your built up stress.

WHETHER YOU'RE SUFFERING FROM FATIGUE, WEAKNESS, OR JUST THE EFFECTS OF THE MODERN WORLD, YOU'LL FIND DEEP RELAXATION WITHIN THIS CLASS.

LET ME GUIDE YOU THROUGH A SERIES OF POSES  
THAT PROMOTE RELAXATION, RESTORATION AND  
REJUVINATION TO RELIEVE THE EFFECTS OF  
CHRONIC AND EVERYDAY STRESS.

*presented by*



*bethany***PERRY**

intuition + neuroscience coach

## RED LOTUS STUDIO

*1900 S. Livernois | Rochester Hills, MI 48307*

Friday December 9, from 7:30-9:00

*Class is \$25*

*To register, visit* **REDLOTUSYOGA.COM**  
*or call* **248-601-9642**  
*to reserve your spot today!*