



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 OCTOBER 28TH 7:30-9:00PM

Class is \$25

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