

Relax, Rest and Renew

RESTORATIVE YOGA



***The Quieter You Become, The More You
are Able to Hear***

~ Rumi

Restorative Yoga-

Join Bethany Perry as she guides you through a wonderfully relaxing sequence of Restorative Yoga to rejuvenate the tissues, relax the mind and body and Restore the Heart and Soul!

Experience the Release of stress & tension!

When: JUNE 30th

Where: Red Lotus Yoga - Rochester

Time: 7:30- 9:00

Please pre-register online at
redlotusyoga.com or call

248-601-9642