

# Relax & Renew

## A Restorative Workshop with Jen Streim

Jan 21, Mar 3, Apr 14, May 11, Jun 2 - 3:00-5:00pm



### About Jen

Jen Streim was influenced by 15 years of inspirational Instructors and now looks at teaching yoga as a way of giving back to her community to help people find their inner peace. Jen brings her unique sense of empowerment to each of her classes. In addition to her 200 RYT certification she has Yogakids, Restorative yoga certifications and Sound healing certification from the world renowned Sound Healing Academy. Jen's ultimate goal is to help people feel good in their bodies and aid them to find their own personal power.

This restorative workshop covers a combination of passive and slow active meditative forms of yoga that allows you to focus on your breath while releasing tension in your body.

Restorative poses include light twists, seated forward folds, and gentle backbends held for extended time periods.

Restorative yoga helps us discover where we are holding tension. The actual effort involved in restorative yoga is the willingness to look at how and where we are holding tension, and to relax our body, allowing the breath to flow naturally so the tension that we find can be softened and ultimately find our inner peace.

What to bring: Yoga Mat, 2 blankets or towels, 2 yoga blocks, yoga strap and eye mask or cloth to cover eyes to experience the benefits of each pose without having to exert any effort.

All levels welcome! There is no requirement to attend all dates or to attend earlier dates if you want to attend the later ones.

