

NEW!! RESTORATIVE YOGA CLASS

(Orcas Mandala Yoga Studio)

Take it easy and rest while you restore. This class blends gentle stretching, slow fluid movement and restorative poses with a focus on relaxing and breathing into the deepest layers of the body to return to a place of release, surrender and calm. We will explore well-supported poses to restore your natural rhythm, calm the nervous system, dissolve tension and cultivate a deep sense of well-being that will support you well after the session is over. Accessible for all levels, ages and body types. 138 North Beach Road

INFORMATION:

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