RestoraYin



Friday, February 12

7:30PM-9:00PM

$40 per person ($45 door)

Restorative Yin Yoga poses, Massage, and Reiki Energy Healing combine for UpDog's amazing RestoraYin© Yoga Experience! Much copied, but never duplicated, there's no bliss like UpDog RestoraYin bliss!

This revitalizing form of bodywork is a wonderful way to relax, restore and renew to promote energy balancing. You'll enjoy:

- A full Yin Class with emphasis on restorative postures
- Massages from a team of certified Massage and Thai Yoga Massage Therapists
- Reiki energy healing therapy



Restorative poses help us learn to relax and rest deeply and completely which benefits all organ systems within the body. Results typically include a deep release of blocked energy in body and mind. These soothing and well-supported poses offer us the opportunity to linger quietly for a few moments and savor the simple sweetness of life, leaving us feeling nourished and well rested.

Pre-register early to reserve your spot as this popular workshop fills up fast:
https://www.updogyoga.com/workshops/rochester-workshops

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