

Relax and ReNew

Restorative Class Series

with Gaye Forren, RYT



Gaye Forren, RYT

Restorative Yoga is a practice that requires no muscle energy at all. You are completely supported by bolsters and blankets in each posture. Pranayama, visualization and meditation are incorporated to leave the practitioner feeling completely restored in their mind, body, spirit.

This monthly practice can be very healing.

Class is suitable for all levels and abilities.



Relax and ReNew Class Series

Begins Sunday Sept. 25 | 6:30 – 8 pm

Continues every 4th Sunday – Regular class pass applies!

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