

# Restorative Yoga with Maureen

**Are you suffering from too much rest?** I didn't think so...

One of the fastest growing styles of yoga, restorative yoga is all about deep relaxation and rejuvenation. Participants in restorative yoga receive the following benefits:

- stretching tight muscles (shoulders, chest, abdomen, thighs)
- lowering blood pressure
- relieving back pain
- feeling more restful, relaxed, calm
- sleeping well after class
- feeling lighter in body and mind
- alleviating tension headaches
- and more

My passion is to bring this deeply restful practice out of the yoga studio and to *you*. Come and experience for yourself the profound relaxation and rest that awaits you!

- Maureen Kozicki, ERYT has been practicing and teaching yoga for over seven years. Most recently she has been certified as a Relax and Renew Trainer by the well known yoga guru Judith Lasater, PhD., P.T.-

*I will let my body flow like water  
over the gentle cushions*

- SAPPHO



THE ANTIDOTE TO STRESS IS  
RELAXATION - JUDITH LASATER



FRIDAY, MARCH 5TH

7:00P-8:30P

\$30 PRE-REGISTRATION REQUIRED

Space is limited.

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