



SUNDAY MELTDOWN



taught by
Lindsay Worek

Reiki and Restore-With-Yoga

SUNDAY, TIME: \$25/pp
MAY 23 3:00-
2021 4:30PM

Give yourself permission to do less of more. Restorative yoga is a therapeutic style of yoga that is truly nourishing and healing on all levels of our beings: physical, mental, emotional and spiritual.

You will be guided into postures that use props to fully support the physical body to allow for "rest & digest" system to kick in.

The practice soothes the nervous system, helps quiet the mind and helps to relieve tension.

Combine that with some healing Reiki energy work and you have yourself a Sunday meltdown that will allow you to release, relax and restore at the end of the weekend.

Everyone welcome -
No previous experience necessary

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