

Pranayama and Restorative Yoga Class

Prana is breath, spirit, life force, energy. Pranayama is the breathing practice of yoga. Pranayama allows us to access a place of calm and quiet, deep within.

Restorative poses are “active relaxation.” Restorative poses tone the internal organs and strengthen the immune system. *Perhaps best of all, these important poses relieve stress and bring a sense of calm to the body and mind.*

When: **Saturday December 10**
 9:30 – 11:30 AM

Where: **Uncompahgre Yoga Circle**
 310 South Ninth Street, Montrose

Cost: **\$ 25**
 \$ 20 if paid by December 1

For information and registration call Lynda Alfred at 275-0109.

Please register with your payment to hold your space.

When the breath is calmed, the mind too will be still

– Hatha Yoga Pradipika



Uncompahgre Yoga Circle • Certified Iyengar Yoga • 310 S. 9th
275-0109 • lynda@montrose.net • www.yogacircle.org

