

**\*NEW\* Offering**

## **REST & RESTORE**

**Yoga Mondays with Lauren  
Yoga Flow Studio 1009 Glen Cove Avenue, Glen Head, NY**

**3 Mondays In February  
2/5, 2/12, 2/26  
4:15PM-5:15PM**

**3 Sessions for \$45  
Drop-In's \$18**

**\*\*\*\*\*PRE-REGISTRATION REQUIRED\*\*\*\*\***

**Warm up this Winter by  
Taking time for yourself to  
Feed your spirit  
Nourish and replenish your body  
Connect with yourself and your breath  
Learn how to handle stressors in your life  
Increase your energy and  
Awaken to what is possible**

**Classes include the fundamentals of yogic breathing, meditation  
and a progression of poses from the ground up to standing  
De-stress while gaining strength and flexibility  
Learn to create relaxation and balance in your  
Body, Mind and Spirit**

**No prior experience necessary!**

**Contact Lauren to register by phone 917-209-6097 or  
email [laurensilverstein@me.com](mailto:laurensilverstein@me.com)**

