# Restorative Yoga Workshop
## with Lauren Silverstein

Sunday, November 17th 3-5PM $40
@ Yoga Flow Studio  1009 Glen Cove Avenue, Glen Head NY 11545

## *Relax. Recharge. Reconnect.*

*Space is limited*
Pre-Registration is required. All levels are welcome.

As we move towards the holiday season, treat yourself to a deeply nourishing yoga practice to recharge your mind, body and spirit. Restorative yoga is a gentle yet powerful practice that uses blankets, bolsters and blocks to support the body allowing the muscles and joints to release tension as you breathe and relax. These soothing restorative poses done from a seated or lying position offer the opportunity to savor the simple sweetness of life. You will emerge with a renewed sense of deep calm and inner peace.



Lauren Silverstein is a Registered Yoga Instructor and  competed 500 hours of Advanced teacher training at Yoga Flow Studio with Lorraine Aguilar.  Lauren is a devoted practitioner of yoga and meditation. Her practice has supported her to grow stronger, more flexible and fearless on and off the mat.  Yoga inspires her to live each moment more mindfully.  Lauren's vivacious personality and authentic, compassionate heart allow her to connect with students of all backgrounds and abilities.

To **register**, contact Lauren at laurensilverstein@me.com or call 917-209-6097

*"The quieter you become the more you are able to hear."*  -Rumi