

Winter Restorative Yoga Workshop

Rest. Rejuvenate. Restore.

Sunday, February 24th 2-4PM \$40

Come in from the winter cold and reconnect with the comfort of your body and breath to nourish your soul

Using blankets, bolsters and blocks to support the body, poses will be done from a seated or lying position, allowing muscles and joints to release tension as you breathe and relax

Space is limited

Pre-Registration Required, All Levels Welcome



Lauren Silverstein is a Registered Yoga Instructor and has been studying Anusara Inspired yoga with Lorraine Aguilar since 2005. She completed 500 hours of Advanced teacher training at Yoga Flow Studio. Lauren is a devoted practitioner of yoga and meditation. Her practice has helped her 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 and compassionate heart allow her to connect with students of all backgrounds and abilities.

Read more about a restorative yoga practice [here](#)
Contact Lauren to register by phone [917-209-6097](tel:917-209-6097)
or email laurensilverstein@me.com

"In the midst of winter, I found there was, within me, an invincible summer." -Albert Camus