



Sunday Restorative Healing Monthly Special Event w/Greg Riley Sunday January 22nd 1:00pm to 3:00pm

\$25 drop-in, \$22 pre-registration online at:

<http://clients.mindbodyonline.com/ws.asp?studioid=19309&stype=-8>

Welcome to the new, monthly 2 **hour** Sunday restorative class at The Yoga Fusion in San Ramon. The longer one engages a dynamic, active yoga practice, the more they begin to intuitively know that there is another, undiscovered aspect of yoga. This unexplored aspect of yoga is the deep, passive, supported relaxation and release of restorative practice. There is a quality of relaxation that is beyond the conscious control of the mind and that is beyond the capacity of the body to achieve through any active means.



INDULGE YOURSELF
January 22nd
February 19th
March 26th



Restorative yoga is incredibly relaxing and healing; it simply feels great and is a wonderful gift to yourself and your body. Most restorative poses last for 5 - 20 minutes apiece and give ample time for all of the body's primary systems to reset and rejuvenate in a way that hours or days of regular sleep cannot accomplish. One restorative class per month, done regularly, can take years of stress off your body and will give you the resources of calm and vitality that make life worth living.

The Yoga Fusion

www.theYogaFusion.com theyogafusion@yahoo.com

2217-N, San Ramon Valley Blvd, San Ramon
(2 blocks north of in-n-out, behind Awe-Dacious Salon)