

RESTORATIVE FLOW

Sundays October 1 and November 12
4:00 – 5:15 PM



restore • replenish • renew

Join Randi Weiss, E-RYT 500, for a few select dates this fall as we utilize a peaceful and grounding practice to support the seasonal changes. Each session will include a guided meditation, a gentle sequence of postures with an emphasis on breath awareness and grounding, as well as restorative poses with props for long blissful holds.

Candlelight Meditation • Slow Flow • Restorative Poses

\$17 or may use a class from a package



10442 Ridgefield Parkway
Register 741.5267 or info@glenmoreyoga.com