

Soothing Restorative Pajama



Unfurl, Let Go, and Cozy Up with Yourself!

Release tensions, stress and anxiety from your body and mind. Restore Your Self from the inside out with supported and therapeutic yoga postures plus guided breathing. Reconnect with your happy, relaxed, and authentic self!

Jeannie Walker has been a practicing yogini for more than thirteen years. She has been teaching yoga since 2007. She is a certified teacher in Kundalini Yoga, Hatha Yoga, Restorative Yoga and Chair Yoga. Her passion is to make yoga accessible for everyone, regardless of a person's body shape, physical age and/or physical capabilities.

Saturday, January 31, 2015

1:30pm – 4:00pm

please arrive a little early and wear warm, comfortable clothing

***** Early Registration Special *****

\$30 per person, \$25 student/military/senior, \$50 for you and a friend
Or \$35 at the door

Seaside Yoga Sanctuary - 300 Grand & Laurel - Pacific Grove, CA
831-899-YOGA

www.seasideyogasanctuary.com