

Restorative Yoga by Twilight

**Cozy Up and Snuggle
with Yourself**

PG Studio

Saturday, 12/12/15

7:30pm – 9:30pm

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

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

\$30 per person, \$25 student/military/senior, \$50 for two or \$35 at the door

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.

Seaside Yoga Sanctuary - 300 Grand Avenue. - Pacific Grove, CA
831-899-YOGA

www.seasideyogasanctuary.com