



# Restorative Aroma Yoga Monthly at Garden of Yoga

Enjoy a Sunday morning filled with experiential wisdom, creating relaxation and healing at the deepest cellular levels. Using natural scents from mother earth, learn the art of relaxation and revitalization through stillness, breath, supported hatha yoga postures and visualizations.



**Next Classes are**  
**March 20, April 17, May 8**  
**11:00AM to 1:00PM**

**Garden of Yoga**  
140 North LaGrange Road-Suite 17  
LaGrange, IL 60525

**\$18.00 per session in advance**  
**\$20.00 that day**  
**708-261-6434**

- Feel the benefits of gentle restorative yoga using props like bolsters, blankets, sand bags, and straps
- Enjoy aromatic gifts from the earth including organic flower infusions and essential oils to stimulate the immune system, relax the body's muscles, improve sleep, aid digestion and more
- Learn to lengthen, relax and open the muscles of the body with gentle stretches
- Experience the alchemy of earth, water, wind and sun in each oil or essence
- Connect deeply with the breath to create complete rest, health and relaxation
- We will feature different essential oils using **Aroma Acupoint Therapy** along with various flower essences each month.



Meg has been studying yoga for over sixteen years. Her yoga teaching experiences include beginning, continuing, partner, aqua and restorative yoga. She has created and hosted a number of workshops including yoga for the lower back, practice at home and the application of yogic philosophy in the workplace. She completed her 200 hour studies with the Temple of Kriya Yoga in 2004 and her 300 hour studies with the Bhavana Institute in 2012. She is a registered yoga teacher with the Yoga Alliance, holding an eRYT200 (experienced registered yoga teacher) & RYT500 registration.

In addition to yoga, Meg has trained in Meditation, Usui Reiki, Dowsing, Astrology, Aroma Therapy, Universal Laws, Dream Analysis, and Nomena healing modalities. Meg is also a Reiki Master Teacher Fourth Degree

Meg has experienced yoga as a valuable tool for centering, stress reduction, inspiration and relaxation. She also believes that yoga increases wellness while improving the quality of life. With this in mind, she believes that yoga should be made available to people of all abilities.

