



Restorative Aroma Yoga Monthly at Garden of Yoga

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



**Class is usually the 2nd
Sunday of the month
(confirm on the Events page)
11:00AM to 1:00PM**

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

**\$20.00 per session in advance
\$22.00 that day
708-261-6434**

- Feel the benefits of gentle restorative yoga using props like bolsters, blankets, eye pillows, sand bags and straps to gently support the body
- 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 essential oil or essence
- Connect deeply with the breath to create complete rest, health and relaxation
- Featuring different essential oils using **Aroma Acupoint Therapy** along with various flower essences each month.



Over the last eighteen years, 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.

Meg's 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, new moon reflections and yogic philosophy in the workplace. She completed her 200-hour studies in 2004, her 300-hour studies 2012 and Yin Yoga in 2018.

Meg is a Reiki Master Teacher who is a Red Tent Facilitator and has also trained in Meditation, Dowsing,

Astrology, Aroma Therapy, and Dream Analysis.

