



WINTER INTROSPECTIVE VIRTUAL YOGA CLASS

3 Class Series, \$50 Mondays Jan. 16, 23, 30 9:45-10:15am

Props Required: 3 Blankets & Bolster (Prop Rental Available)

Contact: Donna Prenta, dmp518@icloud.com to register & receive Zoom Code

The student will gain understanding in the Art of rest.

The nervous system relaxes while in

supported shapes held with props.

In quiet contemplation answers may arise or

the process of letting go comes through.

Practicing Yoga will reflect in your life on and off the mat.

Mother Earth guides us into this valuable season of Winter.

www.gardenofyoga.net