



Stillness

Feeling

Tranquility

Friday Evening
Restorative
with Connie

January 31, 2025

6:30 pm - 8:00 pm

\$20 / person

In restorative asana practice, props are used to cultivate ease, stillness and breath.

Email zdenekconnie@att.net to register. Payment Zelle to email, cash or check.

Feel free to contact me with any questions.

Connie completed her 200-hour Yoga Teacher Training and a Meditation Teacher Training at the [Temple of Kriya Yoga](#). She completed her 500-hour teacher certification at the Bhavana Institute and, with over 1000 teaching hours, is an Experienced Registered Yoga Teacher at the 500-hour level with Yoga Alliance.



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