



GARDEN
OF YOGA
— GROW • BREATHE • BE —

THE ART OF REST



YOGA • BREATH • DEEP RELAXATION



FRIDAY
AUGUST
7TH



6:00 PM
—
7:30 PM

Join Denyse for an evening of restorative yoga, calming breath work, guided relaxation, and mindful rest designed to soothe the nervous system and release tension from the body and mind.

This gentle practice is appropriate for all levels and focuses on creating space for deep rest, renewal, and inner calm.



WHAT TO EXPECT:



Restorative
Yoga



Breath Awareness
& Pranayama



Guided
Relaxation



Meditation



Essential Oils &
Aromatherapy



Reiki-Inspired
Rest Practices



GARDEN OF YOGA

140 N. La Grange Road
La Grange, Illinois



\$25

PLEASE REGISTER IN ADVANCE



708-837-3500



gardenofyoga.net

Rest is not a luxury. It's essential.

