

FRIDAY NIGHT SPECIALS

Relax and Renew Yourself

WITH RESTORATIVE YOGA

Join us for this quiet and gentle yoga practice. This class will incorporate mindful movement that releases physical and mental tensions while awakening the fluidity of spine and joints. This warm-up will enhance the benefit of the prop-supported resting poses. Resting poses with support results in layers of tension melting away, a quieting of the nervous system and a satisfying experience of calm, deep ease and spaciousness. The after effects of this practice is likened to a great massage!

Joanne Rowley, MS, RNCS, HNC embraces a feminine integrative and prayerful approach to yoga as a means of cultivating stillness, spaciousness and ease. She is a 500-hour certified Kripalu teacher cross trained in various mind-body modalities and with select creative Iyengar teachers. She is a Nurse Counselor and Stress Management Educator at NSMC Heart Center and maintains a private practice as a Clinical Nurse Specialists – Therapist and Holistic Nurse. She welcomes inquiries, call 978.463.9318.

Date and time:

Fridays

**September 24, October 15,
November 12 & December 10**

5:30 – 7:00 pm

Cost:

\$18 non-members

\$15 for Yoga Center members

Register:

Preregistration is recommended, space is limited. Call Joanne Rowley at 978.463.9318 or email at ritamb@comcast.net



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