

RESTORATIVE YOGA

Are you feeling stressed & anxious? Or perhaps overwhelmed by the busyness of life? Then join us for a yoga workshop that promises deep relaxation and rejuvenation.

Restorative Yoga is a gentle, relaxing practice that utilizes many props to support the body in poses held for extended periods of time. This support allows the body to let go of deeply held muscular tension and stress while returning the Autonomic Nervous system to balance. Restorative practice creates feelings of deep rest and renewal, as your mind remains alert. While not a treatment, Restorative yoga can improve symptoms of anxiety and depression.

Jessica Kasinoff, RYT 200, started taking weekly yoga classes at Raleigh Yoga Center in 1987 where she felt an immediate sense of grounding and connection to her heart. She received her 200 hr yoga teacher training with Lisa Clark in 2004. Additionally, she completed certifications with Richard Miller, PhD in iRest Yoga Nidra, Yoga for Depression with Amy Weintraub, and Restorative Yoga with Julee Snyder. She also has trained with Judith Hanson Lasater. Jessica has been actively teaching since 2012 including a series on Yoga for Balancing Mood. She is passionate about Yoga for integrating body, mind & spirit and is particularly excited about Restorative Yoga because it is so effective in quieting the nervous system for relaxation. Jessica is also a Licensed Clinical Social Worker with 18 years of helping people achieve their personal growth goals and transform their physical and emotional health.

This workshop is appropriate for all levels.

Sunday: April 13th , 3-5 pm

Raleigh Yoga Center (visit www.raleighyoga.com)

Cost: \$20

The class will be limited to 12 participants. Please email janebarrett@nc.rr.com to reserve your space.