

STRETCH
STUDIO & CAFE

First Class at
Stretch Studio
is Always
Free!



RELAX

Restorative Yoga is a class appropriate for all levels, for those that want to take it slow or who have physical limitations. It is designed to restore the nervous system and help release deeply held tensions from the body and mind. Props and blankets are used to support the passive, lengthier postures to gently stretch and strengthen the body while creating the foundation to let go. Restorative Yoga helps kick in the body's relaxation response, so let gravity take over and engage your parasympathetic nervous system to reduce stress and heal.

Restorative Yoga Sundays – 2 PM

Appropriate for all ages, levels and abilities

Especially beneficial to those with limited range of motion or physical limitations



Find us on...

Facebook: Stretch Studio & Café

Instagram: Stretch Studio

www.stretchstudioj.com

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