

RESTORATIVE YOGA

Sunday Sessions – Norwood/Modbury/McLaren Vale

Transform stress into stillness



Join me for a morning of deeply restful Yoga Practices that assist in nourishing balancing your body/mind – mind/body. Breath flow practices & simple supported Yoga poses to relax and renew. Guided Imagery meditation and Yoga Relax, along with special key tools to use in your daily life.

Restorative Yoga class offers the opportunity to take some time out for yourself so you can stay healthy.

A restorative practice is appropriate for people who wish to treat themselves to a period of deep relaxation/meditation or for those with specific need such as: Insomnia; fatigue; high blood pressure; injury; recovering from illness or surgery. Each Class has a unique theme and is also catered to the current needs of the student.



In Restorative Yoga we actively (i.e. consciously) surrender our tension to the force of gravity. We keep relaxing and softening throughout the practice. It is, in fact, a delightful process because for most of us letting go of tension brings great relief to our body and mind. Restorative Yoga is not about collapsing into each posture, as we might slump into an old armchair. Instead, yielding to this moment allows us to be in a clear and dynamic relationship with our environment, so that we are present to this softening of stress and tension, present to what may be revealed to us from letting go. This class offers you a preparation to sensing and feeling where the source of your stress lies, then the process of allowing it to change - by practicing Yoga we reveal what is obscured by our stress. We come to know who we are, where we are going and what we want to do and to be. We become open.



Cathie McGill

This course will be conducted by Cathie Mc Gill who has been teaching Yoga & Meditation, therapeutically for 19 years, she has various Diplomas and Certificates in complimentary health & bodywork spanning over 25 years. She has a diploma in Yoga and has an integrative, intuitive , authentic approach, delivering what is required group by group or individually.

To Register: Cost: \$30.00/\$25 (bookings essential), Course Dates on website

On website www.spiritofyoga.com.au/info@spiritofyoga.com.au

Direct Debit Payment to-BSB: 015 310. A/C: 2174 79227 / Ref: You're Name.