

Relax your Body, Clear your Mind, Renew your Spirit

Unwind before the hectic holiday months

Join Alka Kaminer for a Restorative Yoga Workshop

at Sage and the Flying Buddha, Armonk, NY

Thursday December 8th, 2016 7pm-9pm

\$50 Early Bird Pricing by Nov. 24th

(\$60 after Nov. 24th)



Treat yourself to a 2 hour blissful experience

Rejuvenate and heal the body through conscious relaxation.

This workshop benefits newcomers and seasoned yogis.

This slow paced practice focuses on stretching all areas of the body, while releasing stress and tension from joints and muscles.

Yoga props (blankets, blocks, straps and bolsters) are used to fully support you in poses, allowing the body to achieve maximum comfort and relaxation.

*Space is limited: **Register in advance Here***

Contact Alka@PresentWisdom.com with workshop or registration questions