

Iyengar Yoga Center of Warwick



54 Main Street, Warwick, NY 10990 Phone (845) 987 2076 Fax (845) 987 2104
www.iycow.com rose@iycow.com

RESTORATIVE YOGA FRIDAY FEBRUARY 17 TH

6 – 7:30PM

Restorative Yoga is a nurturing and soothing practice. It consists of gentle supported backbends, forward bends, and modified inversions. It calms your nervous system, quiets the mind and restores balance to your life. Conscious breathing is practiced to move you into deeper levels of relaxation.

\$15

Continuing students may use their class card!

For inquiries Contact Rose Dwyer/director by phone or e-mail