



\$15
MEMBERS
COMMUNITY
\$20

RESTORING YOUR MIND

RESTORATIVE YOGA WORKSHOP

Join us for a restorative yoga workshop in honor of May Mental Health Month. This class will focus on hip openers and chest openers to relieve tension, release stored emotions, and open up pathways for healing. Led by two certified yoga instructors, participants will be guided through gentle, accessible poses, paired with mindful breathwork and a tranquil meditation practice designed to reduce anxiety and alleviate symptoms of depression.

The session will include a brief lecture on the science behind yoga's impact on mental health, highlighting how specific poses can help calm the nervous system and promote emotional well-being. Whether you're new to yoga or experienced, this workshop will leave you feeling more grounded, relaxed, and connected.

MAY
24

10:15am-11:45am

statelineymca.org/chakra

No prior yoga experience needed!
Mats and props are provided.

