

Restorative Yoga

Deep Relaxation



What is Restorative Yoga?

This slow moving class is strategically designed to heal mind, body and spirit. This class uses longer held poses with props to help support the body release any chronic stress built up in the body. This 75-minute class will allow students to find gentle, easy, meditative movements to allow stillness, renewal and ease.

Who is this class for?

- All levels welcome
- Anyone looking for a prop based, gentle moving class
- Someone looking for a class to renew, restore and unwind in

What are the benefits?

- Teaches breathing techniques and postures that calm the body
- Nourishes the internal organs
- More energy
- Releases anxiety and stress
- Improves health and immune function
- Builds strength, balance and coordination

What can I expect when I come?

This class is a dim lit class that provides props to find comfortable movement and positions within each pose. Expect to gain strength in the muscles and joints by holding low-impact poses for a couples minutes each.

When is it?

- Every Thursdays @ 6:45PM
 - Omaha Integrative Care
LAKESIDE

What is the cost?

- First time FREE
- \$17 Drop-In
- \$10 Student Price
- \$125 10 class package (\$12.50 per class)
- \$225 20 class package (\$11.25 per class)

Get started with the next class:

You can call 402-934-1617 to sign up or go online at omahaic.com. Questions you can call or email Stevie Jelden at s.jelden@omahaic.com.

