

Restore:

**RESPIRATION - LEARNING TO BREATHE WELL TO BRING CALMNESS, ENERGY,
POSITIVITY AND GOOD HEALTH**

**EASE - LEARNING TO 'LET GO' AND NOT TO HOLD TENSION IN THE BODY AND
MIND**

SPINAL HEALTH & AGILITY

TONING THE MUSCLES OF THE BODY

OPENING OUT THE BODY (FREEING UP BLOCKAGES)

REPAIRING THE BODY AND MIND AND BREATHING INTO EVERY SINGLE CELL

ENRICHING YOUR LIFE WITH YOGA!