

# Restorative Yoga

## **Join Molly for a grounding Autumn restorative practice**

Slowing down and honoring the healing power of rest. In this 2 hour evening workshop we'll combine balancing and centering practices, long held restorative poses and delve deeply into the inner states of relaxation using aromatherapy to calm the mind and a little massage to release the body. A bit different for those who have enjoyed previous restorative sessions. A sweet treat for beginners and experienced yogis alike.

No yoga experience necessary, injuries accommodated.

**Thursday October 6th**

**7:15-9:15p.m.**

**Led by Molly Tilsen**

**Pre registration is required**

**\$35.00 prepay/\$40.00 day of**

**Minnehaha Yoga Studio**

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