

**Would you value a couple of hours to yourself to learn how to become more relaxed?**

**Is it difficult to find time to relax and unwind?**

**Are there times when you feel exhausted?**

This delicious and *deeply* relaxing 2 hour restorative yoga and meditation workshop will help you to feel more calm and grounded.

You will leave feeling refreshed and renewed, with tools to help you stay more relaxed after you leave.

Learn how to be still, deeply relax and renew your energy.

## Restorative Yoga & Meditation Workshop

Sat 16 June. 2 - 4pm. Radwinter Pavilion  
Recreation Ground, Water Lane, Radwinter.

**Reserve your space: <https://www.svadyaya-yoga.com/shop>**

Perfect timing before the summer holidays begin.

Limited to 12 spaces.



In Restorative yoga all the shapes and forms are taken sitting or laying down, with no effort, supported with blankets and supportive yoga props, so you can feel blissful and at ease.

The body will deeply relax and muscles will release tension.

No previous experience of yoga necessary.

**Questions? Email: [andy@svadyaya-yoga.com](mailto:andy@svadyaya-yoga.com)**