

# Aroma Restorative Yoga Workshop at Boundless Energy

Restorative Yoga is the deliberate practice of stillness. Coupled with essential oils, the intent to relax the body, mind and Spirit becomes even more gentle and nurturing. Props are used to support the body in various Hatha postures. Breath work will be used to enhance a deep state of relaxation. Essential oils will be used to promote restoration, relaxation and rejuvenation. Potential benefits of restorative yoga may include:

- Calming your worries and anxieties
- Melting away headaches and tension
- Relaxing your shoulders, back, legs and feet
- Bringing in a sense of peace & calming
- Rejuvenating your Spirit
- Restoring your sense of well-being
- Allowing the space and time for quiet & stillness

Presented by Pavla Haluskova, Certified Hatha Yoga Teacher that follows the anusara system. In addition to yoga, Paula has completed Reiki level 1 & 2 at Soderworld.

**Come Relax & Restore Yourself!**

**Thursday, June 25th**

**6:30 – 8:30 pm**

**Boundless Energy**

**440 75<sup>th</sup> Street (Fairview Plaza)**

**Downers Grove, IL**

**630 795-1008**

**[www.Boundless-Energy.net](http://www.Boundless-Energy.net)**

**Cost: \$45 (advanced registration required)**



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