

# Metta Loving Kindness Restorative Yoga & Yoga Nidra

Sunday, February 26, 2012

Sunday, March 18, 2012

Sunday, April 22, 2012

2:00-3:30 p.m.

Mind Body Studio

517A Southland Drive, Lexington KY

Call **Jan** with questions or  
for additional information,  
**859.361.8523**

\$12.00

Restorative Yoga is about nurturing yourself and learning to relax deeply, residing in stillness, reflection and introspection. In Restorative Yoga we use blankets, bolsters, cushions, pillows and blocks to fully and completely support the entire body in restful postures, encouraging the body to relax, open, renew and heal. And as the body releases deeply, the mind grows quiet and reflective, bringing your whole being into a more balanced, natural healing state.

Although not required, letting me know that you are attending would be helpful in planning for space and props

No prior yoga experience required

Restorative yoga is useful when you are

- ☪ fatigued
- ☪ stressed from daily activities
- ☪ experiencing major life change events
- ☪ suffering from stress, cancer, menopause, injury, depression or other challenges
- ☪ in perfect health but desiring more energy and better and more restful sleep



Restorative yoga is known to

- ☪ improve health
- ☪ lower blood pressure and cholesterol
- ☪ improve sleep and ease anxiety
- ☪ stimulate metabolism and boost the immune system
- ☪ reduce stress (which is known to be a major contributing factor in over 95% of illness)

Come prepared to

- ☪ lose track of time
- ☪ let go of worries
- ☪ breathe deeply and relax
- ☪ quiet your mind and uplift your spirit
- ☪ leave feeling refreshed, peaceful and balanced

**Jan Byrd** is a registered yoga teacher and has been certified by Judith Lasater as a Relax & Renew Restorative Yoga teacher. She has been teaching for over 6 years and loves exploring the wonder of movement, yoga and meditation as pathways to knowing ourselves more completely, and through these practices she encourages you to . . .

*"Discover Yourself ~ Love All That You Are"*

