

Metta "Loving Kindness" Restorative Yoga and Yoga Nidra Deep Peace Retreat

Restore, Refresh & Renew Yourself
in Body, Mind & Spirit
Sunday, January 29, 2012, 2-4:30 pm

We work very hard in our lives and, while we may sleep, we rarely take time to rest. Restorative Yoga helps us learn to relax and rest deeply and completely. The guiding principle of Restorative Yoga is that support creates release. Every pose is a variation of that theme and the aim of each pose is the same...RELAXATION. In these relaxing poses your entire body is fully supported with blankets, bolsters, pillows, blocks and other props to invite release, bring you to a place of deep peace, and return the body to a state of balance.



As the body relaxes and softens, so do the signs and symptoms of stress. You will experience deep restfulness, calm abiding and well-being.

Restorative Yoga is thought of as *intentional relaxation* or *active relaxation*, and is quite different from sleep. When asleep and dreaming often our muscular tension increases, as well as other physiological signs of tension. *Intentional relaxation* is a state in which there is no movement, no effort, and the brain becomes quiet, allowing you to deeply rest. Restorative Yoga shifts us out of the stress response into the relaxation response, nourishing and healing the body and quieting the mind.

By supporting the body with props, we alternately stimulate and relax the body to move toward balance. Some poses have an overall benefit. Others target an individual part, such as the lungs or heart. All create specific physiological responses which are beneficial to health and can reduce the effects of stress-related disease, hypertension, pain relief, increase flexibility and balance, relieve headaches, and so much more.



Each posture reduces the effects of chronic stress related diseases and deep fatigue. Careful sequencing of the postures assures the deepest relaxation possible.

\$25.00, preregistered & paid by January 24, 2012
\$30.00, preregistered & paid on day of event

Bliss Wellness Center

2416 Sir Barton Way, Lexington KY
www.blisswellness.org



Gift this amazing
experience to
someone special

If you have questions regarding this retreat,
please call Jan at 859.361.8523

This retreat is limited in size; preregistration is required;
prepaying secures your space



Jan Byrd, CRYT, RYT
Certified Restorative Yoga Teacher

Complete and mail to Bliss Wellness Center, 2416 Sir Barton Way, Lexington KY 40509. If you are including payment at this time to take advantage of the \$5 discount, please make check payable to Bliss Wellness Center.

Name: _____

Contact Information: _____ Telephone; _____ E-mail

\$25.00, preregistered and prepaid

\$30.00, please register me and I will pay upon arrival

This event is limited in size; please register early to secure your space.
If you discover you are unable to attend, please notify us immediately so someone else can have your space.