

Restorative Yoga Workshop Series

with Joyce Anue MS, PT

Three Saturdays 11 am — 1 pm

at the Center For Spiritual Enlightenment (www.CSEcenter.org)

September 11: *Restorative and Pranayama*

October 9: *Restorative and Gentle Movement*

November 13: *Restorative and Yoga Nidra*

In *Restorative Yoga* we rest supported in postures using props such as the floor, blankets, bolsters & belts, so that we are capable of remaining in the posture for several minutes with ease & comfort. We take the time to relax into our experience of body, breath & self deeply in every pose.

With its emphasis is on being rather than doing, this practice brings us into harmony with the body's inherent rhythms. *Restorative Yoga* soothes the nervous system, supports immune function, calms the mind, deepens our breath and enhances our capacity to experience well being and our true inner nature.

Yoga Nidra is a relaxing practice of meditative inquiry that points us back to our true nature as pure being by helping us break through conditioned patterns of thought.

EACH WORKSHOP is open to students at all levels of practice. Limited to first 15 students.

FEE: \$25/workshop pre-registered, \$30 drop-in space permitting .

TO REGISTER: www.CSEcenter.org / calendar / date

or contact Julianne Rice at (408) 283-0221 x45 or yoga@CSEcenter.org

LOCATION: Center for Spiritual Enlightenment, 1146 University Ave, San Jose, CA 95126

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