

# Rest. Rejuvenate. Restore.

## Winter Restorative Yoga Workshop with Lauren Silverstein



**Sunday February 2, 3:00-5:00pm**

Come in from the winter cold and reconnect with the comfort of your body and breath to nourish your soul and expand your heart. Restorative yoga is a gentle yet powerful practice that uses blankets, bolsters and blocks to support the body, allowing the muscles and joints to release tension as you breathe and relax. These soothing restorative poses done from a seated or prone position offer the opportunity to savor the simple sweetness of life. You will emerge with a renewed sense of deep calm and inner peace.

### *About Lauren*

A devoted practitioner of yoga and meditation, Lauren Silverstein is a 500 hour Registered Yoga Instructor. She completed Advanced Teacher Training with Lorraine Aguilar and Restorative Yoga Therapeutic Teacher Training with Jillian Pransky. Her practice has supported her to grow stronger, more flexible and adventurous on and off the mat. Yoga inspires her to live each moment more mindfully. Lauren's vivacious personality and authentic, compassionate heart allow her to connect with students of all backgrounds and abilities. Learn more about Lauren at [www.laurensilversteinyoga.com](http://www.laurensilversteinyoga.com).



**Investment: \$40 pre-registration, \$50 at the door.  
Pre-register at the studio or [www.yogalifepw.com](http://www.yogalifepw.com)**