

**Relax \* Recharge \* Reflect \* Reset**  
**4 - weeks of Restorative Yoga**

Mondays 6:30 - 8:00

Starting Jan 21st - Feb 11th

\$100 for all 4 sessions

\*receive an eye pillow and eye wrap with your registration



Deep relaxation and rejuvenation gently opens the body and mind to new possibilities. Through the use of supports provided by blankets, bolsters, blocks, and straps traditional yoga poses are modified. Poses are held for 3-30 minutes, encouraging deep relaxation & healing. Paula Edwards has been a certified yoga instructor for over 15 - years, is a trained Relax & Renew® Instructor and experienced in hatha yoga (poses, stretches, and movement), but also places a special emphasis on restorative yoga. Paula has found the practice of supported, resting stretches and postures rejuvenates the body and re-invigorates her students. You will be pleasantly surprised by your results in her yoga sessions.

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Name: \_\_\_\_\_

Address: \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ (Please leave a # or e-mail where you can be reached in case of any changes.)

E-mail: \_\_\_\_\_

**Jan 21<sup>st</sup> - Feb 11<sup>th</sup>**

4 week series - every Monday 6:30-8:00  
\$100 (eye pillow and eye wrap included)

**Class will be limited to 15 students**

~ Send form and check to:

**Crossroads Yoga**  
**5830 McArdle Rd. #3A**  
**Corpus Christi, Texas 78412 or**  
**Drop it off at Crossroads Yoga**

~no refunds, drop - ins or make up classes~

call Paula @ 549-2466 for any questions

**Your Space is not reserved until I receive payment**

