

Pure Relaxation

An experience of
ultimate rest
and unwinding.

Monday, September 26, 2016
5:30-7:00 PM
Hillside Room (St. Mark Church),
2066 Lawrence Dr, De Pere

Investment in your health:
\$10 pre-registration by 9/19 or
\$15 through event
<http://www.body-and-soul-fitness.com/products.html>
Register online, PayPal or via
mail.

Excellent opportunity for those who are:

- Type A personality
- High strung
- Primarily focused on intense exercise
- In need of some downtime
- Regularly stressed

This unique class is suitable for any level of yoga experience. The first part of the evening consists of a slower-paced, gentle to slightly moderate yoga class, followed by an extended time of relaxation.

As you comfortably settle onto your mat, using pillows and blankets you've brought from home, instructor Sara Pasterski will guide you through a progressive relaxation head to toe.

This experience allows for profound muscular, mental and emotional relaxation. Pure Relaxation has been found to be even more relaxing than a massage.

body and
soul
fitness
health. yoga. naturally.

Registration found on Products page of website. | BodyAndSoulFitness@outlook.com | 920.737.0004

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