

# RESTORATIVE YOGA

New Class!

## Relax & Rejuvenate!

A powerful practice to deeply relax and rejuvenate the body, mind and spirit, **Restorative Yoga** is for times of healing, recovery or when you just need a break from the stresses of everyday life.

**Restorative Yoga** is a practice of *being* in the pose rather than *doing*. In this class you are carefully guided through poses using a variety of props and remain several minutes in each pose. This allows you to relax with minimal physical and mental effort in the stillness, quiet support and warmth of the practice.



**Saturdays**  
**11:00 am – 12:00 pm**  
**September 27 –**  
**November 15, 2014**

**8-week series**  
**at Malaga Cove**

**Attend a FREE Class on**  
**Saturday, September 13**  
Reservations are required.

**\$72**  
**(\$64 for ADVANTAGE**  
**members, TMMC**  
**volunteers & employees)**

**Class pre-registration is required.**  
**To register, please call (310) 517-4711 or**  
**go online at [www.torrancememorial.org/classes](http://www.torrancememorial.org/classes)**

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