

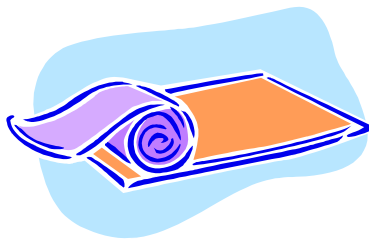
Restorative Yoga
with Energy Tuning Forks and Essential Oils
at
The Yoga Room, Niceville

Sunday, January 3rd
1:00 - 3:00 pm

with Tammy Binkley

Cost: \$25

A great way to recover from the stress of the holidays!
Sign up Now! Put it on your calendar for January!



The focus of this gentle practice is to create a foundation of mental, emotional and physical relaxation that resonates into all aspects of your life.

Through supported poses, breath awareness and simple meditation techniques, we'll restore health and vitality to the body and mind. From this still place, the body is more able to access its natural ability to cleanse, heal, rest, sleep, grow, conceive and build immunities.

This workshop is open to yogis of all backgrounds, levels, sizes and ages. No yoga experience is necessary, just come with the willingness to be still and present with yourself.

This is a charity class for Tammy's Off the Mat and into the World seva challenge.

See www.Tammysyoga.com for more information