

Restorative Yoga



Restorative yoga is a series of soothing, well-supported postures that leave you nourished and well-rested. The practice is centered around long holds in few postures, so that you have time to settle in and soak up the benefits to your body and mind. Restorative yoga can improve flexibility, calm the nervous system, and boost the immune system, all while providing deep relaxation. We offer a two-hour practice once a month to preserve the integrity of this sublime practice.

[Check our workshops page for upcoming dates](#)