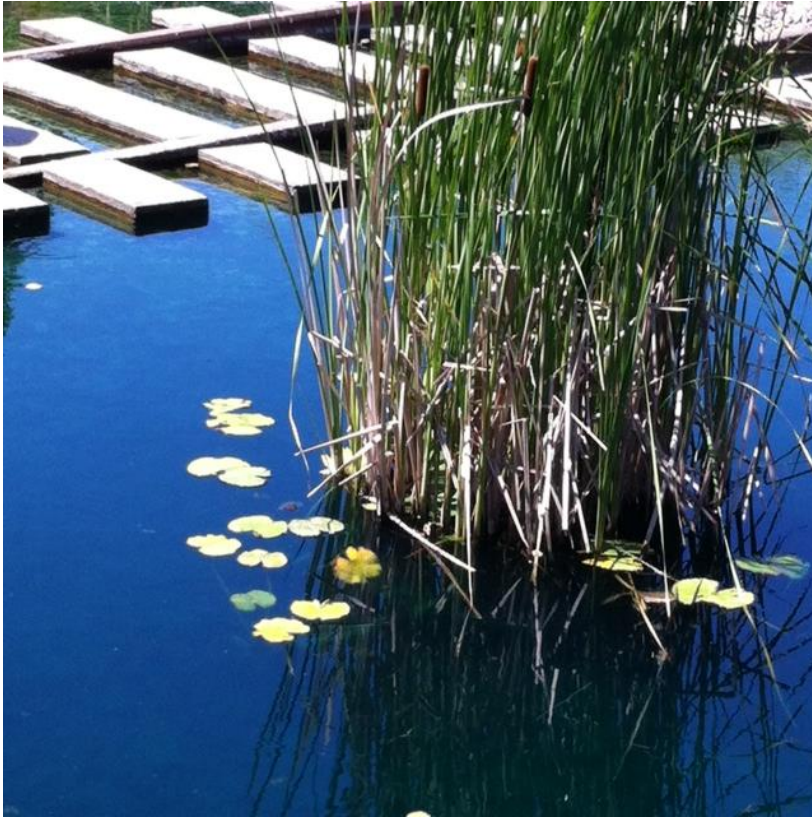


## ***Restorative Workshop - Aspire To Do Less!***

### ***Yoga Workshop with Carol King***

Saturday, October 7<sup>th</sup> 11:30 am - 1:00 pm  
West Rec - Lower Level, Cost: \$25.00



This workshop is about slowing down and opening the body through relaxed stretching. During the long holds your muscles relax deeply. It's a completely different feeling from other types of yoga classes since you are not using your muscles to support your body. Restorative classes are mellow making them a good compliment to more active practices and a great antidote to stress.

Please preregister in class or by email [carolking1234@yahoo.com](mailto:carolking1234@yahoo.com)

Individuals with injuries or limitations are welcomed and encouraged to attend



***CAROL KING is a certified Forrest Yoga instructor with over 18 years of Forrest Yoga training. Carol completed her teacher training with Ana Forrest in 2006 at the Forrest Institute. Carol brings an insightful and compassionate presence to the classroom. She is skillful at adjusting and modifying poses so students can work safely with injuries and health conditions towards their healing and well-being.***

