

Gentle/Restorative Yoga Workshop

with Ellen Pfeffer



Saturday, June 14, 2008

2-5 pm

Sponsored by

Sacred Spaces Yoga Center

325 Main St.

Metuchen, NJ 08840

908-412-1484 or 908-472-3045

www.mysacredyoga.com

Reconnect to the stillness within. This quieting, heart-opening Gentle/Restorative Yoga retreat explores a nurturing combination of movement, supported yoga postures & meditative breathing practices designed to open, soothe & calm the entire system. All Levels Welcome.

Fee: \$40 per person (until June 7); \$45 thereafter