

Video-On-Demand 6-Week Series: Rest & Restore Yoga

New Video every Friday at 12n CT from July 21st – August 25th

with Annie Lockwood, RYT-200



Do you feel as if the peace of life is set to fast forward?

Do you feel stress in your body – jaw, neck, back or hips?

This 6-Week Video-On-Demand Class Series offers stress reduction techniques including: restorative poses, breathing exercises, and guided relaxation.

Press the pause button, and explore different restorative yoga poses to provide nurturing self-care!

What can you expect for this video-on-demand series?

Begin class with a self-check-in to re-center and connect with your body, breath, and mind.

Experience breath-centered movements to unwind tension throughout the body.

Learn how to incorporate the use of props with targeted yoga poses to relieve tension in body and mind.

Learn breathing techniques for stress reduction that you can use at home or work.

End class with a guided relaxation and longer savasana to relax fully and deeply.

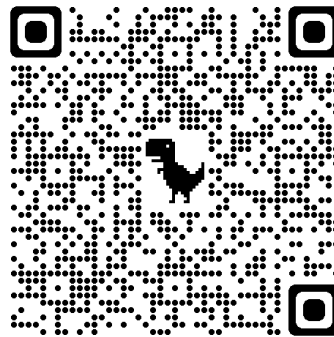


Annie Lockwood, RYT-200 “My intentions for the classes I share with others is to provide techniques to aid with stress and anxiety reduction while incorporating targeted joint care movement sprinkled in with traditional yoga postures. I have a desire to understand why yoga postures and pranayama techniques work and will include this type of education in classes.”

More Details + Register Here:

www.5koshasyoga.com/yoga/video-on-demand/

Easy Way to Register: Put phone camera up to scan QR Code below.



FEE: \$50 Early Bird Special Discount

Code: RESTORE10 expires July 20th

\$60 after July 20th

One new video practice uploaded into your Punch Pass Content Library on **Fridays at 12 PM! Video access until October 27th!**

Questions? Contact The 5 Koshas Team at office@5koshasyoga.com