

RESTORATIVE YOGA *with Vrnda*

"A field that has rested gives a better crop."

Sundays : 6.00 pm – 7.30 pm
Ashland Yoga Center, 4th & A Street, Ashland

Thursdays: 10:45 am – 12:15 pm
Yoga SOULutions, 801 Forest St., Ashland



All levels welcome. Very gentle.

A gentle class to reduce physical & emotional effects of stress. Practice supported yoga postures using blankets, blocks and straps, that open the body, while slowing down the racing mind. The result is relaxation, greater mental clarity, improved alignment and physical freedom. Breath work is included.

While all asanas (postures) are ultimately restorative to both the physical and physiological body, the focus in this ongoing class will shift away from a rigorous practice and focus the attention inward – on resting and relaxing the mind and body.

While the work in such a practice is not physically taxing, the effects on the systems of the body (respiratory, circulatory, nervous, digestive, immune and eliminative) are dramatic. A restorative practice helps to calm the brain, replenish the body and soothe the nerves. This type of work is an essential part of a well rounded yoga practice.

"As a teacher of movement, I find so much value in Vrnda's Restorative Yoga classes. She is a master teacher, able to guide one into supported, supportive poses that facilitate ever- deeper release into both physical and internal opening to insight and acceptance. I would recommend this class to beginner and experienced yoga practitioners alike for it's gentle, but powerful approach to both the physical and philosophical aspects of the practice of yoga."

Sheila Filan, Guild Certified Feldenkrais practitioner

"Restorative Yoga allows my nervous system to recalibrate and synchronize with my inner being."

LS, Ashland, Or

Vrnda is a Certified Yoga Teacher, trained in the Sivananda, Iyengar, and Anusara styles.

Both a student and teacher of focused, mindful, purposeful living, she creates a sacred space as fertile ground for deep personal exploration, making possible the transformation and increased self-awareness that yoga offers on all levels. She inspires students to explore their potential, while respecting individual capacity, emphasizing a balance between alignment and freedom of movement, effort and ease.

Vrnda is a certified Relax and Renew Trainer, Hakomi Body-Centered Therapist, a Phoenix Rising Yoga Therapist and a Reiki practitioner. She is available for private sessions.

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