



**BLUE
BANYAN
YOGA**

Restorative Yoga Workshop with Meredith Jacoby

Saturday Jan 28th 2-4 PM \$30

The bustle of the holidays can seep into our system, leaving us feeling depleted and unhealthy

This will be an afternoon of *turning off, tuning in,* and *replenishing* the wellspring of energy that is often blocked by stress and imbalance.

This nurturing workshop will use long-held restorative poses, breath-work and mindful meditation as an antidote to tension and stress.

This class will honor and teach the art of *being rather than doing* and will guide you peacefully down the path towards relaxation and balance.

Meredith Jacoby completed a 200 hour yoga teacher certification in 2000. Blending various yoga styles (including Ashtanga, Anusara and Iyengar), her classes encourage exploration of the immense healing capacity of yoga in a safe and nurturing environment. Combining mindfulness meditation, breath work, and yoga postures she helps students experience their innate ability to live healthy, peaceful lives.



ALL LEVELS WELCOME



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