

Relax, Slow Down, Unwind with Restorative Yoga

A workshop with Leslie Howard

September 11, 2010

1:00pm to 4:30 pm



We work very hard in our lives, and while we may sleep, we rarely take time to rest. Restorative yoga poses help us learn to relax and rest deeply and completely. During deep relaxation, all the organ systems of the body are benefited, and a few of the measurable results of relaxation are the reduction of blood pressure and the improvement of immune function, as well as improvement in digestion, fertility, elimination, and the reduction of muscle tension and generalized fatigue.

After witnessing tremendous healing within herself through restorative yoga, Leslie was inspired to become certified to teach restorative yoga by Judith Lasater.

In this workshop we will cover:

- The physiology of relaxation.
- The physical, emotional and spiritual aspects of restorative yoga.
- Special poses for therapeutics including high blood pressure, anxiety, depression, menstruation, pregnancy and more.



Leslie Howard has over 2500 hours of yoga study. Leslie has been practicing for over fifteen years in New York City and the San Francisco Bay Area, including fourteen years of teaching, workshops, and annual yoga retreats. She currently studies with Manouso Manos and Ramanand Patel. She is certified as a restorative yoga teacher by Judith Lasater, the author of "Relax and Renew". She has been a presenter at the 2010 Yoga Journal Conference in San Francisco. She is also featured in an upcoming film "Yoga and Women". Check out Leslie's bio at lesliehowardyoga.com



Workshop and registration held at I Am Yoga Wellness Studio
2031 Geer Road Turlock, CA 95380
Tel: 209.667.8100 Workshop fee is \$50, day of \$55. Questions regarding workshop call Leslie at 415-823-1699.