

Top 10 Benefits of Restorative Yoga

1. Reduce chronic stress
2. Calm the nervous system
3. Improve sleep and metabolism
4. Rejuvenate organ function
5. Strengthen the immune system
6. Reduce fatigue
7. Balance hormone function
8. Improve digestion and elimination
9. Maintain a healthy spine
10. Quiet the mind

Bring: yoga mat, eye pillow and blanket

Wear: warm, comfortable clothing, and socks

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