

Your Restorative Staff

MaryAnn Cairo

Linda M. Zogas

**Move a muscle
Change a feeling**



For our full bios and a list of our comprehensive ongoing training, please visit the website.



Linda's staff offers a variety of classes.
For details on all of the classes, visit us on the web:
www.lindaspoweryoga.com

**Restorative
Yoga**

The class:

Sign up to be on the mailing list.

10:00 am Room Opens
10:15-10:30 - Savasana
10:30-11:30 - Breathwork/Postures
11:30-11:45 - Savasana

**Linda M. Zogas
Linda's Power Yoga
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Reading, Pa. 19607**



What is Restorative Yoga and Meditation?


Restorative Yoga is a popular way for beginning through advanced yoga students to experience true relaxation – often the most difficult skill to master! As stress and tension are released, healing and upliftment are promoted in body, mind and spirit. This class is designed to oxygenate, massage, and energize your entire body while soothing and calming your nervous system. The class is great for those suffering from sports injuries, arthritis, tendonitis, lower back pain, or from too much stress in your life. Restorative Yoga compliments your cardio, weight lifting, and your Power Yoga classes too!

From Yoga Journal:

Let's face it: Some yoga poses taste a little bit sweeter than others. And if yoga was a smorgasbord, restorative postures would most definitely be at the dessert table. These soothing and well-supported poses offer us the opportunity to linger quietly for a few moments and savor the sweetness of life.

**This isn't about yoga.
It's about your life.**

NOT tough.

This yoga IS personal. 

Preparation for class:

- Bring a towel
- Bring a yoga mat
there are Jade Yoga Mats for purchase
- Practice on an empty stomach
- Wear comfortable clothing
- Plan to arrive on time
- Bring water

Payment:

Saturday Classes:

\$12 per class

\$60 for 6 (2month exp.)

Monday Series:

\$12 per class

\$40 for Series (no carryovers)

Register:

Please register for sessions via email or phone. Drop-ins are welcome also!
We like to ensure we have the proper amount of staff and supplies for your experience!

Session Dates and Times:

Monday Night Series

June 7 – June 28

6:45 – 8 pm

Saturday Morning Class

Every Saturday

10:15 – 11:45 am

no class May 29th / July 3rd

All Classes are held at Colonial Fitness on Route 724 in Sinking Spring. Membership to the Health Club is not necessary to attend any LPY Program. You have full use of the locker room for your personal possessions (please bring a lock), and showers and steam room are available.

The room is available for you to relax and prepare for class at **10:00 am**

adjustments!