



Take 90 minutes,
relax with Yoga



-and support
Girls Incorporated
Of Halton Hills

Restorative yoga is a tranquil practice which uses blankets and other props to support the body, so mind and body can become still. Over time, we build up muscle tightness and toxins in our body as stress and lifestyle take their toll. This session will help you soothe and rebuild the nervous and immune systems, inviting deep rest.

When : 31st January 2010, 2pm

Where : Yoga Centre of Burlington, 541 Brant St.

Cost : \$35

Bring: your yoga mat & a large towel.

No experience necessary



To register call Kim Ware

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Or email

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