



Rest



Energize



Restore

# Restorative yoga

## Session 1

Friday, Dec. 1, 8 and 15

## Session 2

Friday, Jan. 12, 19 and 26

Noon-1:15 p.m.

Fit Zone, Capodichino

**\$45**  
per session

Improve your self-care and overall well being. Discover how to cultivate peacefulness to melt away stress.

Breathing techniques, restful yoga postures and meditation will balance the parasympathetic nervous system to promote healing and strengthen your mind-body connection.

All postures are done either seated or lying down and with the support of props. The series is suitable for all levels.

Register and pay at <https://myffr.navyaims.com>. Maximum capacity is six people, so register today!

For more information, call 081-568-6528 /DSN 626-6528.

