

winter restoration:

a restorative workshop to
harmonize with nature's season
of hibernation & regeneration

with lisa larsen

sunday, february 21st 1:00 - 3:30pm

fee: \$35. rsvp 310 374 5933

In winter, like the earth preparing the ground for the blossoming of spring, we need to slow down, turn inward, and recharge our energy reserves. In this workshop, a practice of quiet supported postures & focused breathing will provide the foundation for deep relaxation and open energetic pathways in the body allowing you to be both rested & rejuvenated. The calming & soothing qualities of Restorative Yoga will leave you with a renewed sense of vitality & ease, preparing you to adjust with the coming change of seasons.



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Lisa Larson is a certified Relax & Renew Restorative Yoga Trainer & has attended several trainings with Judith Hanson Lasater & Roger Cole. Their teachings incorporate the alignment principles of

Iyengar Yoga with the Science of Relaxation. Lisa also studied Supported Yoga Therapy with Leeann Carey of Planet Yoga, where she learned the importance of refining postures for therapeutic applications. Most recently, Lisa completed YogaWorks Restorative Yoga Training with Jillian Pransky, where she learned more about the art of relaxation & energetic aspects of the practice.

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