



REST & REVIVE

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When: Classes will be held on the last Friday of each month
(Jan. 25, Feb. 22, Mar. 29, Apr. 26)

Where: Fitness Center Group Room

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The Rest and Revive Class is designed for students to experience a deep state of physical and mental relaxation. While lying in restful and supported poses, in a safe sleep-like state, the mind will settle and rest. You will be guided through breathing techniques and mindfulness meditations as you practice the art of being rather than doing. Props will be provided to support the body to relax without strain or effort.

All students are welcome!

