



May 13, 2011  
7:30-9:30 pm  
\$20/\$25 at the door

# Restorative Yoga with *Linda Ketterer*

We work very hard in our lives, and while we may sleep, we rarely take time to rest. A restorative yoga practice helps us learn to relax and rest deeply and completely.

During deep relaxation, all the organ systems of the body benefit: blood pressure reduces; good cholesterol levels increase; digestion, fertility, and elimination improves; and muscle tension, insomnia, and general fatigue are reduced.

During class, we'll practice a unique sequence of poses, and use props to provide you with a completely supportive environment for total relaxation. Come, explore restorative yoga, and relieve stress, release tension and toxins, and bring healing balance into your body and life.

*All levels welcome.*



*Linda completed her yoga teacher training through Prairie Yoga Teacher Training (Lisle, IL) conducted at Cascade Yoga Studio. She's certified as a Relax & Renew® trainer, having completed her training with Judith Lasater in Minnesota. Linda has also been a certified Dale Carnegie instructor for the past 21 years, providing communication and leadership training throughout West Michigan. She holds a BS from the University of Washington and a master's degree from Iowa State University.*

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RESTORATIVE YOGA

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

If you'd like to receive Cascade Yoga Studio's e-newsletter, please write your e-mail address below.

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\$20/\$25 at the door

Checks made payable to  
Cascade Yoga Studio

Please note there is a \$10  
cancellation fee