



Restorative Yoga

Fridays

7:30 - 9:00 pm

12.2.11 | 1.6.12 | 2.3.12 | 3.2.12

Restorative yoga is a gentle practice to nourish the whole body. It relies on the breath to serve as the gateway to center within. This class will weave in grounding postures with the support of various yoga props. The union of mind and body will allow you to feel rejuvenated both physically and mentally. For the upcoming winter months, come explore the beauty of finding an easeful state on your yoga mat.

All levels welcome; 15 students maximum.



Molly is certified through Kripalu Center for Yoga and Health in Lenox, MA. She was introduced to yoga in college and has continued to be inspired by the practice on and off the mat. Yoga has enriched Molly with a deeper sense of self-worth, compassion, and patience. Molly greatly enjoys teaching gentle and restorative kinds of offerings to focus on going inward while working deeply with the breath. In her own practice, she has incorporated a gentle flow to assist in slowing down from the busy pace of life. This dedication has allowed her to enjoy the present moment and cultivate a stronger connection with mind and body.

**Call Cascade Yoga at
616.464.1610 to register!**
Pre-registration secures your spot.

www.CascadeYogaStudio.com