



# RESTORATIVE YOGA

## MONDAYS 2:15PM-3:15PM

**Sara Blacketter, MS, RD, LDN**

Attend this gentle session to focus on breathing and stretching. This is a simple and effective yoga class that is adaptable for all levels. Learn body awareness, healing, and find balance. Reduce stress, improve mental clarity and gain energy and vitality. Join us to set positive intentions for a life filled with happiness and health.

*“Come as you are. Leave as you want to be.”*



**“If you can breathe,  
you can practice  
yoga”**

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- **Lower Blood Pressure**
  - **Relieve Stress**
  - **Revitalize**
  - **Relax**
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**\$10 per class,  
discounts may apply**

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**Packages Available**

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**ALL CARE**

**CLINICAL WELLNESS**

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