

A Summer's Pause:

Interpersonal Support and Prop Restorative Yoga w Leah Biersack

7/16:
1:00-3:15
\$30

How would it feel to be
fully seen and fully
supported?

1) Using **eye gazing** and gentle **physical touch**, you will experience new forms of connection with yourself and your fellow human (partner not required).

2) Melt into a 1.5 hour **Restorative Practice** with ALL the props.

3) Seal practice with an **Angel Walk**. Reveling in the power of communal support.

With the summer in full swing, come pause with Leah to connect with your fellow yogi and melt into stress relieving Restorative Yoga!

