

# The Science of Restorative Yoga Experience

January 6, 2020. 5:30-7:30pm

Tahoe Yoga and Wellness. Truckee, CA



**In the Science of Restorative Experience**, we will explore the increasingly relevant modality of restorative yoga - the yoga of rest and recovery. Through lecture and practice, we will understand and embody our innate wisdom and powerful self-healing potential.

Our class will begin with a discussion of our fascinating, *balance-seeking* nervous system and the theory and intention behind the restorative practice. We will understand how restorative yoga provides the perfect and necessary compliment to our often 'yang' driven modern lifestyles. Our class will then move through a deeply nourishing and intelligent restorative experience, laden with juicy scientific nuggets and groovy music - intentionally designed to drop us into deep relaxation and healing. This class is entirely on the floor and fully supported by props. This class is for everyBODY.

Drop into your relaxation experience here:

<https://clients.mindbodyonline.com/classic/mainclass?studioid=-334&tg=&vt=&lvl=&stype=&view=&trn=0&page=&catid=&prodid=&date=12%2f9%2f2019&classid=0&prodGroupId=&sSU=&optForwardingLink=&qParam=&justloggedin=&nLgIn=&pMode=0>

