



Nectar of Relaxation series....

Experience Your Inner Equanimity

A workshop of Restorative Yoga and Meditation

With Angela and Jacki

“Be steadfast in the performance of your duty, abandoning attachment to success and failure. Such equanimity is called yoga.” -Bhagavad Gita

As springtime renewal continues, make it a time to experience equanimity within, returning to the evenness and calmness of your own mind and heart. The practices of yoga in this workshop will include easeful yoga stretches, deeply restful restorative yoga poses, breathing practices, guided meditation, and reflection. *Bring your mat, and a journal or notebook. All welcome. No experience needed. * mats are also available to borrow

When: Sunday, April 28 2024 10:00 am – 12:00 noon

Where: Shakti Yoga 63 Main St., Geneseo

Fee: \$30 College students: \$15

You may register via PayPal (see website Homepage), cash or check in person or mail to: Shakti Yoga, PO Box 515, Geneseo, NY 14454. Email us to reserve your spot.



Angela Caplan and Jacki McCausland E-RYT 500; YACEP; Relax & Renew[®] trainers

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