



Nectar of Relaxation series....

# Return to the Source

## A workshop of Restorative Yoga and Meditation

With Angela and Jacki

*“Returning to the source is stillness, which is the way of nature. The way of nature is unchanging. Knowing constancy is insight.” -Lao Tzu*

Here is your opportunity to rest, restore, reset, rewind and return to the source within, to the stillness that resides in your own Self. In this workshop, you will participate in easeful yoga stretches, deeply restful restorative yoga poses, breathing practices, guided meditation, and reflection. \*Bring your yoga mat and a journal or notebook.  
All welcome. No experience needed.

**When: Sunday, January 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<sup>®</sup> trainers

[www.shaktiyogageneseo.com](http://www.shaktiyogageneseo.com) [shaktiyogageneseo@gmail.com](mailto:shaktiyogageneseo@gmail.com) 585-447-9062