

# YOGA

ELIMINATE STRESS AT



This class will guide you through restorative poses that target the body's deep connective tissue, ligaments and joints that are typically neglected. Incorporating breath work to quiet the mind, allowing the body to surrender to gravity. Using gentle stretching movements, along with a diverse range of movements, to assist in the release of trapped tension in the body. This promotes overall well being - both inside and out.

SATURDAYS | 9:30AM

5 CLASSES FOR \$150

**SPACE IS LIMITED. RESERVE YOUR SPOT NOW!**

EMAIL [fitness@peakptfitness.com](mailto:fitness@peakptfitness.com) or call 516-548-7443 to reserve your spot

