



# YOGA TIME STUDIO PRESENTS

## **DIVE INTO** RESTORATIVE YOGA

with Gretchen Schutte



### **Deepen Your Relaxation**

Join Gretchen to learn about what Restorative Yoga is, how it works, and the benefits of the practice.

Deepen your practice through Restorative Yoga lecture, discussion, and opportunities to explore and experience Restorative Yoga.

Yoga Teachers earn 5 CEUs.\*

\* 5 CEUs includes self-study and additional practice.

**Join us:**

Sun, 6/25- 12:30-4:30pm

**INVESTMENT: \$149**

