

RELAX AND RENEW

RESTORATIVE YOGA SESSION ENHANCED WITH ACUPRESSURE & SWEDISH MASSAGE

**Sunday July 11, 2010
10:00 a.m. to 11:30 a.m.**

**Silver Lotus Yoga at Quakertown Wellness
1307 Savannah Road, Lewes, DE 19958**

Please Join

Barbara Spears	Registered Yoga Teacher
Lee Bubernak	Certified in Acupressure
Nina Stamus	Certified in Myo Therapy

RESTORATIVE YOGA uses soothing, quieting, comfortable positions with gentle attention directed to the breath bringing deep relaxation to release stress, reduce muscle tension and promote well being.

ACUPRESSURE harmonizes the body's energy network using healing techniques of applied thumb and palm pressure.

SWEDISH MASSAGE is a system of gentle massage used to relax and unwind muscles.

Register by contacting Barbara Spears 410-336-8664

sjasbad@verizon.net

**Cost is \$25. Due to limited space we are accepting a waiting list.
24 hour cancellation notice is requested.**