



RESTORATIVE YOGA WITH TRACY LAKE

Mondays:

5:15 pm to 6:15 pm

Thursdays:

6:30 pm to 7:45 pm

Natural Connection Wellness Center

313 Fourth Street, Huntingdon, PA 16652

**Please bring yoga mat, yoga block, yoga strap,
and water as needed. Some supplies will be
available.**

For information, please contact Tracy Lake at

lakehousewellnessllc@gmail.com or

814-506-7107.

**FOR AGES 13
AND ABOVE**

COST:

**\$8 for non-
members and \$6
for members.**

**Bundle prices
available from
instructor.**

Restorative yoga is a gentle practice that can help with stress reduction and relaxation. It promotes connection with the body and breath while being supported through the use of props such as bolsters, blocks and blankets. There are relatively few postures used in this style of yoga and each one is held for an extended period of time giving the body time to release and let go.