

with molly dahl

Restorative Yoga



Restorative Yoga is a form of yoga that seeks to achieve physical, mental, emotional relaxation with the use of props. The use of props makes it easier for you to maintain balance while you are stimulating and relaxing your body. It is especially useful when you need to eliminate fatigue, stress, and burnout that result from your daily activities. While some restorative yoga poses are beneficial to the entire body, others target specific parts of the body, such as the heart, the lungs, or the nervous system.

Thursdays

5:30 - 7:00 pm

**\$20 weekly drop-in or
\$175 for a 10-class pass**



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Questions? email Molly dahlingmolly@gmail.com