WINTER'S REST: A RESTORATIVE YOGA MINI-RETREAT

As winter naturally invites us inward, we gather to pause, reflect, and soften. Through restorative yoga, mindful breathwork, and guided relaxation, you'll be supported in experiencing deep rest and renewal—even in just a few hours.

✨ What to Expect

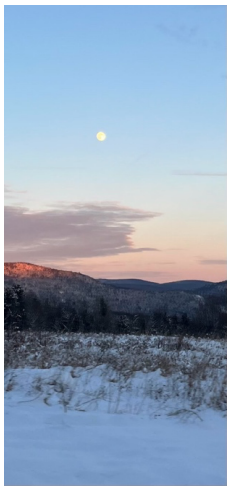
- Deeply restorative and gentle yoga practices
- Guided pranayama and winter-inspired meditation
- Time for reflection, journaling, and quiet integration
- Warm, supportive atmosphere and community aligned with the rhythms of winter

🍂 Who This Retreat Is For

This retreat is open to all levels and is especially suited for those seeking rest, balance, and reconnection during the colder months. Each mini retreat is its own unique experience, but those who attend all three will deepen their commitment to these practices and notice the shifting season together.

Sunday, January 18th from 2:00 – 4:00 p.m. at The Yoga Place.
Sunday, February 15th from 2:00 – 4:00 p.m. at The Yoga Place.
Sunday, March 15th from 2:00 – 4:00 p.m. at The Yoga Place.

Suggested donation is $25 for each workshop, but please **pay what you can** and come even if you can't. Offered by Kat Daley (LICSW) and teacher **at the Yoga Place**.



Restorative Yoga