

RESTORATIVE YOGA

Tuesday 6:30pm – 7:45pm

Restorative Yoga gives you the space to let go of tension with a quiet and slow practice. It cultivates a sense of gentle surrender and a natural meditative stillness within the mind; fostering the potential for deep and profound relaxation throughout the body, heart and mind.

Suitable for all ages and levels with an emphasis on re-energizing the system without creating 'stress' while promoting flexibility and strength where needed.

The Poetics of Yoga

"Yoga"

Yoga is not (*only*) about the pose
it's not (*only*) the alignment of
toes or hips or shoulders.
It's not (*only*) about the form.

Yoga is an invitation to
explore, not a command
performance. It speaks
the language of the soul.

In the flow of breath and
motion, yoga coaxes us
from the confines of the
known, across the silent
threshold into vastness.

Yoga is the union of prayer
and movement, guided from
inside. It is healing and the
joy of saying yes to life.

Breathe, relax and feel the
body receive its own truth.
The seed of freedom flowers
within each of us whenever
we are open to what's real.

Poems from the Heart of Yoga
Going In and In
Danna Faulds



BOOKINGS & ENQUIRIES

E: info@agamayogacentre.com.au

M: 0439 358 021

1hr 15mins Casual \$22; x5cl \$ 90 x 10 cl \$175

Agama Yoga Centre

Upstairs, Carmelite Spiritual Centre

216 Richardson St,

Middle Park VIC 3206