

Restorative Yoga

P R A C T I C E

with Tricia McCauley-Cox

For All Levels: Beginners, Athletes, and Yogis



About Restorative Yoga ♦ This practice will help you to let go of the stress of everyday life. **The guiding principle in restorative yoga is that SUPPORT creates release.** The goal of every pose is always the same: RELAXATION. You will find that when your body is fully supported in the pose, you will relax into the shape of the pose without exerting any physical effort to stay there. Your muscles will naturally release tension because they no longer have to work to hold you in position. It's a soothing mind and body opening practice.

Saturday December 1, 2012

11:00 am – 1:00 pm

\$45 Early Bird Price Before November 17th

\$55 After November 17th

What You Will Need To Bring -

- ♦ If you have your own large bolster, bring it.
- ♦ Please let us know when you register, if you will need a bolster. So we can reserve one at the studio
- ♦ Blanket or Throw (large enough to fold a few times)
- ♦ 2 toss pillows or sleeping pillow, eye pillow optional



About Tricia McCauley-Cox

Tricia is an E-RYT 200 yoga instructor with Yoga Alliance. She has attended numerous yoga conferences and has studied with Bryan Kest, Seane Corn, Baron Baptiste, Shiva Rae and Doug Swenson. She has been an instructor for over 9 years teaching both beginning, advanced and restorative yoga classes. Her yoga teaching style is empowering to the body, inspiring for the mind, and is designed to help students grow their practice with joy.

FOR MORE INFO & TO REGISTER :

contact Tricia at 294.8000

or patriciamccauley01@comcast.net

Cash or checks only. Register at studio, or mail check to:

Red Root Yoga, 5415 San Jose Blvd.

Suite B · Jacksonville, FL 32207

www.redrootyogajax.com | 208.8881

SPACE IS LIMITED

Studio is located at corner of San Jose and Cornell Road, upstairs behind Barbara Ondo Design.