

DECEMBER

21



**OMCORE PRESENTS:
WINTER SOLSTICE
RESTORATIVE YIN YOGA**



**December 21st
6:45-8:00pm**

Please join us for a quiet winter practice with April McEwan. This session provides an opportunity to slow down and surrender. The poses are seated, supine or prone and are held for several minutes. There is a focus on the breath, being present in the moment, relieving tension and letting go. The Restorative and Yin practices include powerful mental and emotional benefits as its practitioner becomes quiet, still and mindful of the present.

It is suitable for students of all levels of experience. Space is limited so pre-registration is recommended!

Regular Class Passes and Memberships Apply

www.omcoreyoga.com

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