



Sadhana presents **RESTORATIVE YOGA**

A New Restorative Yoga series for those wanting renewal and release!

Suitable for a wide range of people, including those;

- ☀ Who experience chronic re-injury!
- ☀ Are recovering from MVA!
- ☀ Are Pre or Postnatal!
- ☀ Living with a degenerative disease or auto-immune dysfunction!
- ☀ Desiring an appropriate way to strengthen and restore their body!

10 week series –starts March 24, 2009

Date: Tuesdays Time: 6-7:30pm

Adult Student Membership: \$120

Senior Student Membership: \$80

Location: #101-3570 E. Hastings St. Vancouver, BC

Please visit our website for more information

www.sadhanadojo.com

For enrollment please call 604-603-9160

Or

sadhana@shaw.ca

TESTIMONIAL:

Restorative yoga is highly beneficial for endocrine disorders, anxiety, digestive disorders, and promotes the discharge of toxins by decongesting the liver and gall bladder. In short, by promoting healing of the autonomic nervous system, there is virtually no disorder or illness that would not benefit restorative yoga.

It is the meeting of resistance with conscious and mindful breathing that heals autonomic dysfunction. Resistance and muscular tightness equates to sympathetic dominant communication to a tissue or region. This is a stress response. The body cannot heal in this state. Restorative yoga promotes parasympathetic dominance. This is a healing state. Dr. Dietrich Klinghardt MD, PHD, calls this state a “yin state”, the place of being where healing blood, oxygen and nutrients are delivered to the stressed tissue, region or organ.

-Jeff Ostheimer TCM