

relax ... restore ... renew



## RESTORATIVE YOGA CLASSES

**Fridays**  
5:15-6:30pm  
April 4 – May 16

**Fee:**

\$75 pre-registered  
Registration is required

**What do I wear?**

Clothes that are comfortable to move in.

**Can I eat before class?**

Enjoy a light snack (like fruit) but not a meal.

**QUESTIONS??**

Please call Robin at  
(807) 632-6591

Check the website:

[www.robinfaye.ca](http://www.robinfaye.ca)

And the Facebook page:

[www.facebook.com/robinfaye.yoga](https://www.facebook.com/robinfaye.yoga)

**About the classes:**

De-stress and renew with deeply relaxing restorative yoga postures designed to bring you deeply into your own body and breath. Postures are fully supported by props and held for an extended time with very little, or even no effort. Guided meditations and visualizations help develop body awareness and give you tools that can be practiced at home and in life. Classes are small, with plenty of individual attention. This class is suitable for anyone who can get comfortable lying on the floor, and is especially useful for people recovering from illness and/or injuries, or, as happens with most of us ... stress.

**About the instructor, Robin Faye:**

Robin enjoys teaching beginners and encouraging people to develop body awareness, healthy movement, and grounded confidence in their bodies. Robin graduated in July 2012 from the 200-hour program, and is registered with the Canadian Yoga Alliance. She's almost finished the 500-hour advanced yoga teacher training program at Yogaspace (Toronto). Her advanced and ongoing training includes a focus on restorative yoga. In addition, Robin is certified to teach Yoga for Round Bodies and she's completed Level 1 of Introduction to Yoga Therapy. As a survivor of so-called "minor" auto accident injuries, she is keenly interested in helping others benefit from yoga.

Cedar Grove Community Acupuncture Clinic  
219 Algoma St. S. between Cornwall & John St.