

ROWAN CAMPUS RECREATION



# RESTORATIVE YOGA LIMITED SERIES

Find your inner peace

This 4 week series will welcome participants of all experience and abilities to the practice of Restorative Yoga. Prompting physical, emotional, and mental rest, restorative yoga focuses on stillness, rest, and deep breathing, as you move through relaxing long-held poses. Expect to walk away from each class feeling rested, grounded, and supported.

## SESSIONS

Session 1: 9/13-10/4  
Session 2: 10/25-11/15

Wednesdays, 6-7:15pm

Location: Recreation  
Center, Group  
Exercise Room

## REGISTRATION

Register through  
[campusrec.rowan.edu](https://campusrec.rowan.edu)

Space is limited!  
Reserve your spot today.  
Registration will remain  
open until all spots are  
filled or start date.

Restorative yoga uses props such as bolsters, mats, and blocks.  
You are welcome to bring your own blanket and towels for  
maximum comfort.



rowan.edu/rec  
(856) 256-4900  
@RowanCampusRec



\$10 to register

