



Nectar of Relaxation series....

## The Sacred Art of Pausing

### A workshop of Restorative Yoga and Meditation

With Angela and Jacki

*“Through the sacred art of pausing, we develop the capacity to stop hiding, to stop running away from our experience. We begin to trust in our natural intelligence, in our naturally wise heart, in our capacity to open to whatever arises.” -Tara Brach*

As summer begins to emerge, and life’s pace begins to accelerate, take this opportunity to pause, to slow down and renew yourself. Make this a time to listen to the wisdom of your heart, returning to calmness and rejuvenation. The practices of yoga in this workshop will include easeful yoga stretches, deeply restful restorative yoga poses, breathing practices, guided meditation, and reflection. \*Bring your mat, and a journal or notebook. All welcome. No experience needed. \* mats are also available to borrow

**When: Sunday, May 26 2024 10:00 am – 12:00 noon**

**Where: Shakti Yoga 63 Main St., Geneseo**

**Fee: \$30 College students: \$15**

You may register via PayPal (see website Homepage), cash or check in person or mail to: Shakti Yoga, PO Box 515, Geneseo, NY 14454. Email us to reserve your spot.



Angela Caplan and Jacki McCausland E-RYT 500; YACEP; Relax & Renew<sup>®</sup> trainers

[www.shaktiyogageneseo.com](http://www.shaktiyogageneseo.com) [shaktiyogageneseo@gmail.com](mailto:shaktiyogageneseo@gmail.com) 585-447-9062