

# Feathers Wellness Studio

## Restorative Yoga

### The dessert of the yoga world!

Open to all levels of experience. Your body is always in need of some TLC! Especially through the winter months. This extremely gentle workshop is for everyone who wants to experience the deep healing qualities of yoga combined with energy healing.

- The poses are soothing, well supported and offer the opportunity to linger quietly for a few moments. Savoring the simple sweetness of life.
- Most of the postures are supported by blankets, blocks or bolsters and are held for several minutes at a time.
- This allows the body to relax and release toxins that are stored in the body which can eventually lead to illness and dis-ease.



**Meagan, a Reiki Master, will offer energy healing, hands on adjustments and gentle massage throughout the workshop during each of the poses.**

**12 Union Street Weymouth**

**339-499-1057**

**[www.FeathersWellnessStudio.com](http://www.FeathersWellnessStudio.com)**

**[info@FeathersWellnessStudio.com](mailto:info@FeathersWellnessStudio.com)**

**Join Meagan SUNDAY MARCH 18TH**  
**from 6:30 pm. - 8:30 pm.**  
**ONLY \$ 25 Minimum Requirement is 6 Students**