

square one yoga workshops

Restorative Yoga and Sound Healing

with Sarah Jenness and David Sloves
Saturday, May 5th 2:00-4:00 PM
\$35



Renew yourself in the vibration of Spring with a Restorative Yoga practice featuring live singing bowls and meditation music! Restorative Yoga uses props to support the body and promote deep relaxation and rest. Sound healing has remarkable effects on one's body, mind and energy patterns. Together, these practices are most effective in promoting our natural ability to detoxify, release, and restore our body and spirit. (Potential side effects of a chilled-out you may include improved personal and professional relationships, a reduction in road-rage, and a peaceful shopping experience at the Berkeley Bowl.) Please bring an eye pillow or eye cover and dress comfortably.



Sarah Jenness teaches hatha and restorative yoga throughout the Bay Area. Fascinated by anatomy, alignment, and happy joints, Sarah's teaching encourages a precise yet playful approach to practicing the asanas. First trained through Integral Yoga Institute, Sarah is a graduate of Piedmont Yoga's Advanced Training and is a certified "Relax and Renew" restorative teacher through Judith Lasater's accredited program.



David Sloves is a musician and massage therapist living in North Oakland. He holds a certificate in Sound, Voice & Music Healing at CIIS and performs all over the Bay Area demonstrating his affinity for instruments of wood, metal and the human body. His top three favorite nouns are effervescence, spaciousness and tranquility.

register online at www.squareoneyoga.com

Square One Yoga Collective
1540A 62nd St., Emeryville