

# Restorative Yoga to Ease Seasonal Transitions with Alicia Patrice

**"To be interested in the changing seasons is a happier state of mind than to be hopelessly in love with spring." –George Santayana**

The body renews and restores when it is at rest and a perfect time to practice this is at the seasonal shifts.

We'll use Restorative Yoga to help us learn to live in harmony with the seasons and to balance the busy-ness of life with support, deep breathing and presence.

Adapting to a new time of year begins before the season change and we can meet it by shifting activities and interests toward balance. Give yourself the gift of surrender, vision, inner reflection and intention.



## Restorative Yoga

Restorative Yoga uses blankets and other props to fully support the body in deep rest. It is appropriate for all, including those with challenges or injuries.

No experience necessary.

Saturdays

March 1, June 7, September 6, December 6

Sacramento Yoga Center, 2791 24th St

12-2pm, \$25 or \$85 for all 4



For reservations, contact Alicia Patrice, [alicia.patrice@yahoo.com](mailto:alicia.patrice@yahoo.com), 916.548.7221