



RESTORATIVE YOGA

A WORKSHOP AT YOGASMITH

Alex Baker

Sunday June 9th, 2013

Time: 12-2 p.m.

Cost: \$25 per person

5917 Airport Way South
Seattle, WA 98108
yogasmithseattle.com

Restorative Yoga is for those interested in slowing down and reducing stress, which we could all benefit from. During this workshop you will utilize props to help support you in specific postures, minimizing strenuous activity allowing you to gently open those tight areas in your body as you deepen your connection to your breath. Restorative Yoga allows you to balance your active practice and lifestyle, leaving you feeling very relaxed coupled with enhanced mental clarity. Your nervous system will thank you!

This workshop is appropriate for all levels of experience.

To register contact:

Alex Baker: alex瑜伽arts@gmail.com or

Joel Benjamin: joelb@yogasmithseattle.com

Location & Parking

Yogasmith is located right above Jules Maes Saloon. There is plenty of free parking along Airport Way, or on Nebraska street (the alley just south of the building). You can park in the alley where it is permitted, or behind the building in any parking space that has John Bennett's name on it. The door to the Smith is on Airport Way just north of Jules Maes' door.

ABOUT ALEX BAKER



As a teacher Alex provides a supportive and encouraging environment. Her students learn how to move their body with greater awareness, cultivating stability while increasing strength and flexibility. In addition to the physical (asana) practice Alex teaches her students how to connect deeper to their breath through pranayamas (breathing techniques) and visualizations, promoting a relaxed mind while decreasing stress. During her classes she enjoys weaving in insights from the Yoga Sutras as well as information from the science of Ayurvedic Medicine. Alex has found that these ancient teachings are means to help practitioners function optimally and holistically within the cycles of the seasons. Alex is a 2009 graduate from the nationally-accredited 8 Limbs 200 hour Teacher Training Program of Seattle, WA. she continues her education formally and informally.