

# Restorative Yoga

## Devorah Blum

*Yoga Studio Ganesha, Sebastopol Plaza*



Allow yourself the luxury of deep relaxation in a peaceful, nurturing atmosphere. Support your body in numerous positions with props, allowing quiet to penetrate your being. Restorative yoga is wonderful for all levels.

**\$20**

Class size is limited.  
Pre-Register by calling  
Devorah Blum  
**(707) 824-1198**

