

MARCH
2018

self love saturday

3.10.18 • 1pm-4pm

chakra balancing workshop

3.25.18 • 6pm-8pm

weekly schedule

balasana

(child's pose)

coming in may
self care  **saturday**
5.19.18 • 11am-4pm



yoga WITH sarah
changing your life, one breath at a time

balasana

(child's pose)



- Kneel on the floor and bring your big toes together to touch
- Sit back onto your heels and separate your knees about as wide as your hips
- Lay your torso down between your thighs. You may use a pillow or bolster to support your body
- Let your arms and hands rest on the floor alongside your torso. Allow your entire body to relax into itself

- Follow the rise and fall of your breath in the back of your body. Inhale thoughts of calm, relaxation and peace. Exhale thoughts of stress, worry and tension.
- This is a resting, restorative pose so stay as long as you would like. Let your body and mind relax, reset and renew.

benefits of balasana

- Gently stretches the hips, thighs, and ankles
- Calms the brain and helps reduce stress and tension
- Helps to stretch and lengthen the spine (*great after a long day of sitting*)
- Assists with digestion with the gentle compression of the stomach
- Helps promote blood circulation throughout the body
- Encourages strong and steady breathing

3.25.18 chakra balancing workshop



This workshop will help you balance your chakras by practicing a combination of yin and restorative yoga poses followed by yoga nidra. Learn the basics of chakras, where these energy centers are located in the body and what they represent. Students will be led in a yoga practice that focuses on each chakra followed by yoga nidra. Leave feeling calm, balanced and renewed.

This workshop will be held at Shanti Yoga. \$30 for members; \$35 for non-members; \$40 the day of event. To register for workshop go to <http://shantiyogastl.com>.

Sunday, 3.25.18 • 6:00 pm - 8:00 pm

Shanti Yoga • 7346 Manchester Rd, Ste 200 • Maplewood • MO 63143

For more information, contact Sarah Thornton at 314-629-7039 or www.yogawsarah.com.

weekly schedule

wednesday

Deep Healing
7:15pm - 8:30pm
@ Casa Bagus

friday

Yin Yoga
10:15am - 11:45am
@ Shanti Yoga

sunday

Restorative Yoga
4:15pm - 5:30pm
@ Shanti Yoga



yoga WITH sarah

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