

Anahata Workshop: Opening Your Heart through Restorative Aroma Yoga

with Rita Trieger

*Saturday, February 13th
from 4:00 - 6:00 pm*

Join Rita Trieger for this uniquely harmonic experience guaranteed to inspire all of your senses. Connect to your divine self as gentle restorative backbends help release emotional pain and allow you to embrace unconditional love; then enjoy your own sensuousness as therapeutic, aromatic elixirs lull you into an expansive state of relaxation.

****Enliven your senses with Rita's all natural,
herbal and non-toxic aromatherapy scents.***

****Please bring an eye-pillow if you have one. They
are also available for purchase.***

****To read about Rita go to ritatude.blogspot.com***



Investment: \$40 by 2/11 and \$45 thereafter

Due to the nature of this workshop advance registration is required.

~~Elements Yoga ~ 354 Heights Rd. ~ Darien, CT 06820~~

~~www.elementsyoga.com ~ 203.655.YOGA (9642)~~