

WELCOME TO “DEEPLY RESTORATIVE YOGA” SESSION

I am looking forward to our time together for restorative yoga. There are a few suggestions I would like to share with you. We will be together in the studio for a little over 2 hours.

Restorative yoga is best experienced on a partially empty stomach. You may like to avoid food and caffeine 3-4 hours before we meet. Dress in a way that is comfortable. Non constrictive clothing, long sleeve shirt, pants, and socks will help to keep the body at an optimal temperature and cozy while your body is resting and restoring. Once you get to the studio the restroom is available for your use.

You do not need to bring any yoga supplies with you. All you need will be set up for you when you arrive. If you would like to bring a blanket for me to cover you with during your postures please do. There are plenty in the studio as well.

Plan on a quiet evening after your session and may I suggest getting a ride to and home from the studio. This can give you the opportunity to stay in that restful state for longer.

If you have any questions or concerns before we meet, please do not hesitate to email me kathy@ or you can call me at 585-509-5372.

Peace be with you, Kathy