



Welcome!

I am so pleased that you decided to sign up for this restorative experience with me.

Healing through Stillness is an immersive experience. Through this 2 hour class you will go through a series of postures that will allow you to transcend into a feeling of weightlessness. This class is about *you* healing, restoring, and relaxing.

It is recommended, but not required, that 2-4 hours prior to this class you avoid any food or drinks with caffeine. In regards to clothing, be comfortable! Long sleeve shirt, pants, and comfy socks are suggested but you may dress as you wish. Lastly, you **do not** need to bring any equipment for this class. Everything is provided and will be ready for you upon arrival!

If possible, ask a friend or family member to drop you off and pick you up. This will allow you to carry your relaxation & restfulness all the way home.

I look forward to meeting you and am humbled to teach this class!

For any questions or concerns please contact me directly

Email: lmanser13@gmail.com

Phone: 585-880-7862