



Restorative Yoga Parties

Imagine spending an evening of relaxation and bliss with 5-10 of your closest friends!

Private restorative yoga parties welcome you into an oasis that is set up just for you.

Picture a softly lit room full of seasonal aroma therapy, soothing music and candlelight. You will be transported to peace of mind with a 90 minute restorative yoga party. During the party you will enjoy the soothing sensation of chilled lavender eye pillows while being guided into supported poses using comfortable props. While in each pose you will release tension and feel complete stillness of mind while getting deep hands on adjustments and massage. Add refreshments* or make post-party reservations at your favorite restaurant and you've got a perfect night!

NOTE: No experience is required to enjoy these workshop style parties.

\$30pp

**Refreshments not included in per person price*

