

TWO DOG YOGA PRESENTS:

Curtain Light Yoga

Restorative Yoga Practice with Jane Hitti

Fridays * June 19 & August 28 * 6-8 PM



- Twilight is a beautiful time to unwind, renew and reflect on the day.
- Restorative yoga practice starts with a gentle series of movements designed to help you connect with your body and then encourages a progressively deeper state of physical and mental relaxation.
- A short period of breath awareness and meditation completes the restorative practice and eases the transition to the outside world.

Jane and her sister discovered "curtainlight" as small children. The dusky light cast by a street lamp and revealed by lifting curtains illuminated hours of play and conversation after bedtime. Jane still loves the curtainlight hours as a particularly magical time to teach and practice yoga and meditation. She has studied with Denise Benítez, Elizabeth Rainey, Sarahjoy Marsh, Annie Stocker and John Friend.

Curtain Light Yoga * Registration

Name _____

E-mail address _____

Phone _____

- Friday June 19 \$20
 Friday August 28 \$20
 Both dates \$35

Please make out checks to Two Dog Yoga & mail to the address below:

Sliding scale available on request

Questions: jhitti@comcast.net

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