

Relax, Restore & Lunch - Cultivating a good space

Restorative Yoga + Breathwork + Meditation

Saturday 1 June 2024

11.30am – 2.30pm

Light Centre, Monument, London

Limited to 12 people

£55

It's often difficult to prioritise relaxation and stillness but when we do we feel the benefit almost immediately and it ripples out into our everyday life. In this session we will explore the idea of *Sukha* which is a sanskrit word that means ease or happiness. It comes from two words; *su* which means good and *kha* which means space, essentially we will be using the practice of **restorative yoga**, **breathwork** and **meditation** to create a good space.

Restorative yoga activates the Parasympathetic Nervous System which slows down our heart and breathing rate, lowers blood pressure and promotes digestion. We often experience a sense of softening as the body rests and as we ungrasp on a physical and emotional level, and this cultivates a sense of spaciousness and ease. We see more clearly, interact with the world differently and create a good internal and external space.

Come prepared to soften, slow down the brain waves, soothe the nervous system, recharge, boost energy levels, unfold over props, feel supported and held in a comfortable silence, relax deeply, meet new friends, leave rejuvenated and enjoy a good night's sleep afterwards.

The yoga session will run for two hours and will be followed by a delicious vegetarian buffet-style lunch with coffee and cake. Hopefully the sun will shine and we can eat on the terrace outside.