

Nurture Your Nature

A 'Woman's Only' Restorative Yoga Workshop with Mary Foran – Wednesday December 12th, 7-8:15pm

Discover a practice where your whole being can be nourished and replenished. These feminine focused sessions run once a month giving you the opportunity to:

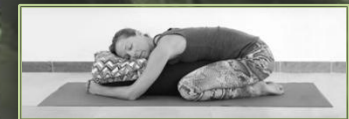
- Open & Release your whole body of chronic physical and mental tensions
- Check-in & Connect deeply to where you are – practicing the art of deep listening
- Recognize & Let Go of thoughts and actions that are not helpful
- Build Skills & Energy to grow more positive opportunities and relationships
- Be Nurtured through Mary's experienced guidance and optional hands-on assisted stretching and massage

Offered in a quiet studio room on the lower level, this 75min practice takes you through a flow of postures, therapeutic movements and conscious practices designed to address, support and re-empower women with their innate clarity, strength, and beauty.

Open to women in all stages of life, levels of experience & flexibility – Excellent for Pregnancy!

Registration Required - Space is limited – Call the Y to reserve your spot: 519- 245-6075

****BRING**** 2 Thick Blankets ****DRESS**** in Warm Stretchable Clothes - Layered for Warmth ****ARRIVE****10 mins early!



1st Time Free – Y-members Free all the time !! Bring a Friend !!



About Mary Foran - Mary specializes in Restorative Yoga and has been teaching Yoga classes, workshops and teacher training fulltime for the past 14 years in the GTA. New to Strathroy, Ontario - she brings her heart-centered energy weaved into a mindfulness-style teaching that offers healthy and fulfilling self-care through Yoga, Therapeutic Movement and Mind/Body Therapies. She is an experienced and certified teacher of Hatha & Restorative Yoga, offers Thai Yoga Massage, Trauma Informed Yoga, Prenatal Yoga and is a Medical Exercise Specialist and trained in Transpersonal Psychotherapy. She weaves these modalities into her massages, yoga teachings, and other Psychotherapeutic practices. She offers other community building and women's gatherings events to support healing and transformation in her new home studio in the town of Strathroy as functionalyoga.ca and the greater London, Ontario Area.