



# Rose Yoga Center

1040-C Crater Lake Ave

Medford, OR 97504

541.292.3408 ☼ [www.roseyogacenter.com](http://www.roseyogacenter.com)

## Restorative Workshop

Sunday, May 30 from 4:00-5:30 p.m.

Taught by Janet Langley

**Come and learn restorative poses and sequences  
designed to relax and rejuvenate.**

In this workshop you will:

- Approach asanas (poses) in ways that soothe and calm the nerves
- Explore ways to use props that you can find at home
- Learn some basic Pranayama (breath exercises)

*We request that you have been a student of yoga for at least two months to attend.*

**This workshop is part of a series of benefit workshops. RYC will donate a portion of the proceeds from this workshop to [Access Inc. of Jackson County](#).**



**To register for the Restorative Workshop, complete and return the registration form below. *Pre-registration is required.***

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### Restorative Workshop Registration Form

Please enclose a check or money order for \$15 made payable to “**Rose Yoga Center.**”  
Send both to Rose Yoga Center, 1040-C Crater Lake Avenue, Medford, OR 97504

Name \_\_\_\_\_ Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**Rose Yoga Center ☼ [roseyogacenter.com](http://roseyogacenter.com) ☼ (541) 292-3408**