



# Restorative YOGA+ Reiki with Geanette Floyd

***Special Friday Night Class  
June 9th, 6:30 - 7:45pm***

You're invited to feel the amazing benefits of Restorative Yoga practice and Reiki healing touch. Restorative Yoga is a gentle style of yoga that encourages conscious relaxation. Restorative postures elicit the "relaxation response," a feature of the parasympathetic nervous system, which balances the body and mind. In Restorative Yoga, we breathe with awareness and practice the art of letting go, of being rather than doing. This state of deep relaxation not only alleviates stress but also strengthens the immune system while generating serenity and peace of mind. This workshop will include the nurturing, relaxing and healing touch of Reiki.



*Geanette came to her yoga mat in 2008 and found a deep connection. In 2009 she began the journey toward her 500 hour yoga teaching certification in Sacramento, CA. Her teaching focus is designed to share the therapeutic aspects of stress relief, emotional health, self-awareness and meditation. In addition to yoga, she is a certified Reiki Master offering hands on energy work during yoga sessions. Geanette's passion for teaching comes from her own experiences of personal growth by holding the space for others to connect with their innate sense of wisdom and joy. Her teaching focus provides a balance of mind body awareness through gentle flow, restorative and yin styles of yoga. Off the mat Geanette enjoys spending time at the beach, drinking wine with friends, hiking, dog walking and mindful meditation.*

***\$17 drop-in or use your class series.  
FREE for Monthly Members.  
Space is limited, please arrive early.***



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***www.YogaOceanside.com***