

HOLIDAY GLOW RESTORATIVE YOGA



\$10

SATURDAY, DECEMBER 10th

3-5pm
in the Studio
maximum 20



Deep relaxation, happiness, ease & clarity for the holidays. Please join Dido in a two hour restorative yoga practice that taps into your calm, serene and collected True Nature. Various poses of comfort are constructed with blankets, bolsters and blocks to relieve tension and stress and induce a relaxation response. Dido will guide you through Yoga Nidra Deep Sleep Meditation to soothe the soul.

Dido Nydick, E-RYT500

Dido completed her yoga training in ISHTA (Integrated Science of Hatha, Tantra and Ayurveda) with Yogiraj Alan Finger. She specializes as a "Relax & Renew" restorative instructor and the "Yoga Zeal for Seniors" wellness program. For more information: www.didonydickyoga.com



Rejuvenate your body + recapture a holiday glow

Castle Hill Fitness | 1112 N. Lamar Blvd | register online: www.castlehillfitness.com | 512-478-4567