



Aromatherapy Yoga: Fall Restoration w/ Sheetal Contractor, CYT, LMT

Slow down and Tune-In to the Energy of the Fall Equinox!

In this workshop, we will...

- Experience a gentle, soothing Restorative Yoga practice to reground us after the hustle & bustle of the summer
- Nurture and nourish our beings with Therapeutic Grade Essential Oils** that promote relaxation, calm & peacefulness
- Re-align our energy to the cooler seasons through visualization, affirmation and breath-work

Saturday, September 20th

3:00 - 5:00pm -- \$20

* Drop-In's are welcome, however pre-registration is greatly appreciated to have an accurate headcount for workshop materials. Sign-up at West End or Contact Me!

** We will use Young Living pure therapeutic grade essentials oils.

About the instructor: Sheetal Contractor is a licensed massage therapist, certified yoga instructor, wellness coach, author of the book *Anyone Can Do YOGA! (... So What's Stopping You?)* and creator of the DVD Series called *Yoga Essentials*. Her yoga background includes training from a variety of styles and teachers over the past 20 years.

Sheetal's programs offer personalized attention to allow each person to learn according to his/her needs. Her mission is to help individuals reclaim their power when it comes to their health. She aspires to do this through her concept of 'Yoga Self-Care' which empowers people to "Move Well, Breathe Well and Think Well" each and every day! For more information about Sheetal, visit www.SolunaSolutions.com.

