



Restorative Yoga and Acupuncture: *A Workshop for Wellness*

*~With Dr. Jennifer Bollinger, D.C., L.Ac.
& Beth Wernham, MSW, E-RYT-500*

Date: Saturday September 16, 2017

Time: 3 – 5 pm

Place: WE Yoga (2313 W. Highland St. Allentown, PA)

Phone: 484-860-3044

website: www.weyogacenter.com

Cost \$35 (please prepay)

About the Workshop

- ☯ A brief introduction to Chinese Medicine with Dr. Jennifer Bollinger, DC, L.Ac.
- ☯ Restorative yoga practice with Beth – a passive practice using props for total support of the body for complete relaxation of the body and mind.
- ☯ During an extra long savasana (resting pose) acupuncture points are placed for deeper rest.

Pre-payment appreciated. New participants need to complete a brief questionnaire for the acupuncture and/or a waiver form for WE Yoga prior to the start of class. Contact WE Yoga (information listed above).

Please eat a small meal 1-2 hours prior to class to avoid being hungry during savasana.

