



Sunrise Studio
6 Main Street, Branchville Nj
sunrisestudio-nj.com

RESTORATIVE YOGA WORKSHOP ~ SATURDAY March 3rd 6:00pm- 8:00pm

offered at Sunrise Studio, led by Julie Lain-Trilling.

Join us for a relaxing evening workshop using props to achieve physical, mental and emotional relaxation . Using props helps maintain balance while allowing the body complete and full relaxation. The body is supported so poses are held for longer periods of time allowing for passive stretching.

Reservations are required to ensure your spot!
Walk-ins will be welcome only if space permits.

Email, call, or message us on FB for your
reservation

Minimum of four participants for workshop to be held.

sunrisestudiollc@gmail.com 973-948-YOGA (9642)

