



# The Inward Practices: An Embodied Healing Experience by Candlelight with Joshua Lewis

Friday, February 23rd  
6:45-8:45pm

This quiet practice of self-care will include guided meditation, gentle breath work and passive relaxation through yin and restorative yoga postures informed by the seasonal energy and intended to adequately prepare you to calmly and serenely ride the waves of life.

Joshua's signature teaching style - soothing, supportive and full of reverence for the practice - will tenderly draw you into a deep state of release. Drawing on yoga philosophy and inspired teachings, sweet soulful music and poetry, and through the power of delicately and lovingly holding space, Joshua invites you to go within and listen deeply to the longing of your own heart's needs and desires.

Restorative postures will further the deepening of physical and psychoemotional unfolding through the supportive use of props for effortless release.

Yoga Nidra guided visualizations will clarify your intentions and broaden your capacity for inner awareness while the weaving of yoga philosophy teachings will anchor and provide you a framework through which to take your practice off the mat into the rest of your life.

*This workshop is the perfect antidote to stress and a great counter balance to more active styles of yoga and physical fitness.*

**\$45 +HST**

(Class size is limited. Enroll early to secure your place.)



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STUDIO