

Reset, Relax Yoga

Thursdays 9A & 7P



**Classes \$20 drop-in, \$16 prepaid
cash/check**

www.resetrelief.com

Please contact Heather to register
heather@resetrelief.com

Gentle, Muscle Balancing practice

Unique style of yoga with emphasis on creating EASE in the body and mind by restoring muscle balance (particularly of the pelvis) and practicing mindfulness.

Restorative/Yin in nature, with relaxation and breathing techniques to calm the nervous system, relieve stress as well as common aches and pains

The 24/7 pace of daily modern life is unsustainable. This class is a self care slow down, to connect mind/body/heart, & to balance, reset and relax.

About the instructor

Classes taught by
Heather Gustafson, RN, MBA, E-RYT500, and
Positional Therapist/Pain Specialist

This class is a carefully cultivated practice from certifications in Integrated Positional Therapy(IPT), Mindfulness Meditation, Hatha Yoga, Yin and Restorative yoga as well as experience as a nurse, wellness practitioner and 25+ years of practicing, studying and teaching yoga, reiki.

Join Us In -person or online!

Class location:
Thomas Paine UU Fellowship building
3424 Ridge Pike
Collegeville, PA 19426