



Gyalwa Gyatso Buddhist Center

*Relax and Renew Candlelight Restorative Yoga
with Nicole Murchison*

Sunday, September 12, 2010, 3:00 pm - 5:00 pm

Cost: \$25

By focusing on relaxing the body in restful postures, Restorative Yoga provides the body an opportunity to renew and heal. It helps lowering the heart rate and blood pressure and strengthens the immune system. Restorative poses relieve the effects of chronic stress, release muscle tension, and tone the internal organs.

Space is limited to 20 so sign up early. Two ways to register:

1. Return the bottom portion of this form to GGBC, 1550 La Pradera Drive, Campbell, CA 95008. **Make checks payable to GGBC.**
2. Email Nicole at mail@murchison.net



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Name: _____ Phone #: _____ Email: _____ Amt Encl.\$ _____