

vilma's traditional

Candlelight Restorative

Workshop

recede, replenish, receive

Two Choices

Fri, December 23, 6–8:30 pm

Mon, December 26, 6–8:30 pm



Vilma

- ~ co-director of The Yoga Project
- ~ certified yoga instructor
- ~ teaching yoga in Portland and Vilnius since 2000.



“If you haven’t done a restorative workshop with Vilma, you don’t know what relaxation can be.”

- Mary Ann Robinson



To arrange a private group workshop for your family, co-workers or friends, please contact vilmaz@theyogaproject.org

Fee: \$40

Early Bird: \$35 if received by Dec 17

No yoga experience needed.

Min. 8, Max. 15 participants for each section.
(If fewer than 8 registrations by Dec 17 that section will be canceled.)

To register: make a check payable to TYP for the full price (Non-refundable, however, you can arrange for someone to attend in your place.)

Note: please bring two large, same-size pillows

the yoga project

Serving the Sellwood Community since 2004

1229 SE Nehalem St. Portland, Oregon 97202
(13th & Nehalem - behind Grand Central Bakery, in the Red Barn)

theyogaproject.org • 503.235.1155