



Restorative YOGGA



with **KINGA KONDOR-HINE**

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LMHC, NCC, RYT 200

Kinga found her passion for yoga some 30 years ago and she completed Essential Teacher Training with François Raoult in 2013. She has studied with and is influenced by the work of senior Open Sky Teachers along with the work of: Judith Hanson Lasater—Relax and Renew Level 1, Lizzie Lasater-Deep Rest, Laura Allard-Antelmy—Anatomy, Mary Richards-Anatomy, Amy Weintraub-Life Force Yoga, and Rose Kress-Life Force Yoga. Kinga combines the language of therapy with principals of yoga: breath work, mindfulness, guided meditation, and restorative poses as a means for healing in counseling sessions as well as on the yoga mat. Kinga can be reached at kingakondortheraapist.com

SATURDAY, MARCH 25, 2023 2-4pm
The Art of Resting

Open to All

Restorative yoga was created by the Iyengar family in the 80s...

The body holds trauma-stress-emotions in seven main body parts (pelvis, diaphragm, throat, jaw, hamstrings, shoulders, and neck). In restorative yoga we work to release the gripping and soften our internal gaze for optimal healing and rejuvenation.

Reset, renew, relax, restore, regenerate, retreat, reflect and let go!



Open Sky Yoga Center
5 Arnold Park
Rochester, NY
(Carriage house
behind the Zen Center)

\$45

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Register at www.openskyyoga.com