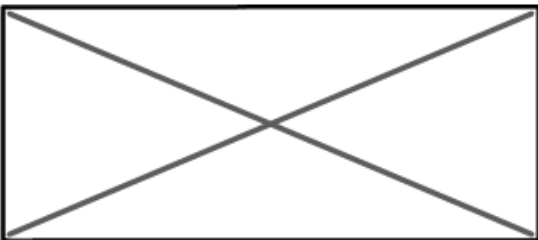


### Restorative Yoga

Restorative yoga is a gentle practice that uses props to support the body in a variety of poses. It is designed to help reduce stress, improve circulation, and promote relaxation. This class is perfect for anyone looking to unwind and restore their energy.

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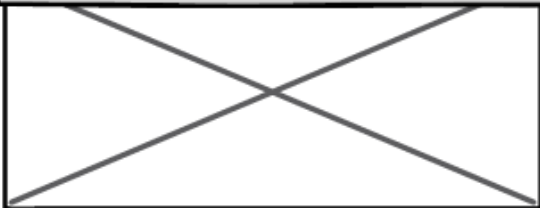
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