

RESTORATIVE YOGA

Sunday Mornings

Passages Physical Therapy and Wellness

We are offering a special Restorative Yoga experience, with Margaret Ulrich. Her 75-minute small group session aims to relax the nervous system and encourage deep healing.



Margaret is a certified Restorative Yoga teacher and Reiki master with 5 years of teaching experience throughout the US and Southeast Asia. She has trained with monks, physical therapists and physicians to develop a practice that is attuned to a variety of anatomical, emotional and spiritual needs.

Margaret also offers those interested in receiving Reiki light touch during restorative poses. to assist those interested in receiving light touch for trauma or anxiety relief.

Watch for advance registration through our website.

Can also 434 979-5559 by 12 noon on Fridays to check on availability for the Sunday class. It is best to leave a message, with cell and email contact information, if you don't reach us directly.

Each class is limited to 4 participants