

Bliss Eye Yoga Workshop

Let's show our eyes some love! 🙏🙏

Saturday May 5, 2018

2 – 3:15 pm

Join **Eye Yoga Workshop** with *Irena Bliss*:

Enjoy a rejuvenating practice that helps to support and restore our natural vision.

Our eyes are one of the most sophisticated sense organs in our bodies, allowing us to see an amazing world of colour, movement & space! 😊 Modern life can impose a great burden on our eyes, and so with awareness we can better support our natural vision and eye well-being.

~ Irena Bliss



Join Irena as she weaves a rejuvenating journey of:

- breathwork/meditation
- palming / focusing / defocusing / intentional movement practices for the eyes
- restorative yoga asanas and deep relaxation.

Benefits: This experiential workshop provides you with practices, tools, and expanded awareness to support your natural vision and eye health/well-being! 😊

Please bring: a personal yoga mat if desired, and reusable drinking water container.

Please wear comfortable clothing suitable for yoga. All other supplies provided.

Please remove contact lenses/glasses during this workshop.

No experience necessary. All are welcome!

Workshop Fee: \$15

Workshop pre-registration – Please contact *MYOM Yoga Studio / Irena Bliss*

Contact: To learn more, please contact *Irena Bliss* at:

e irenabliss@gmail.com and tel 289 646 1515 (landline), and visit www.aboutbliss.com

Location: MYOM Yoga Studio

www.myomyogastudio.com **Address:** 7 James St, St. Catharines, ON L2R 5B7