

*Coming to the The Yoga Room.....*

## *Head Wrap Restorative Class*

With

**Lauren Davis**

**February 20<sup>th</sup> 11-12:30**

**\$25**

The head wrap practice is a restorative class done with a light Indian head wrap around your eyes. Normally when you close your eyes facial muscles are used to keep them shut.

Using a head wrap to cover your eyes helps to enhance the other senses to get you into a more relaxed state of mind.

This is a really great treat for yourself.

**No yoga experience needed.**

Lauren Davis just recently moved here from northern California where she has been teaching for over 15 years. She teaches all over the Grand Strand and back in California annually. For her schedule and more information check out her website at [www.laurendavislive.com](http://www.laurendavislive.com)

### **The Yoga Room**

196C Stonebridge Dr.

Myrtle Beach

[www.yoga-room.com](http://www.yoga-room.com)

843-685-5031