

# Saeeda Hafiz



*Explore the Body, Mind and Beyond*  
with Restorative Yoga

SUNDAY FEB. 6, 2022 ONLINE from 4:00pm GMT to about 7:00pm GMT

info & registration: please email [uma@centroyap.it](mailto:uma@centroyap.it)



Integral  
Yoga Centre

**Saeeda  
Hafiz**

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with Restorative Yoga

## **LISTEN TO WHAT THE BODY HAS TO SAY WHILE IT IS IN A DEEP REST**

*Learn how resting in 4-6 restorative yoga poses can begin or continue to heal and enhance your life.*

*In this workshop, we will use restorative poses to identify and balance some life experiences that need a little extra tender loving care (TLC).*

*You will have the opportunity to connect and listen to what your body is communicating to you by:*

- *practicing a restorative yoga pose,*
- *meditating and writing responses to journal prompts, and*
- *honoring what the next most loving and safe action step you may need to take in your yoga practice to improve upon your present moment.*

*By the end of this workshop, you will have more insight into the power of a restorative pose and how you interact with it.*

All levels are welcome. No prerequisite, however, the listening to the December recording of *Restore the Body, Mind and Beyond with Yoga* workshop might complement your experience in this workshop.

PARTICIPATION FEE €30,00

RECORDING OF 1ST WORKSHOP €20,00

[www.centroyap.it](http://www.centroyap.it)



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Saeeda Hafiz is a yoga teacher and wellness expert with certifications from the Sivananda Yoga Vedanta Centers and the Natural Gourmet Institute. As a holistic health educator with the San Francisco Unified School District, she focuses on sharing her 30+ years of knowledge in physical and mental wellness with diverse groups. She lives in the San Francisco Bay Area.

THE WORKSHOP IS LED IN ENGLISH,  
BUT CONSECUTIVELY TRANSLATED INTO ITALIAN

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Insegnamento dello Yoga • Attività professionale disciplinata ai sensi della Legge 14/01/2013 n. 4 (G.U. n.22 del 26/01/2013)



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