

Restore & Rebalance

With Janine Ambroze RN, BSN, 500-ERYT and Dr. Maria Zangara

Autumn is a time for change, preservation, comfort and letting go. Restorative yoga creates the opportunity for gentle release of body and mind through supported asanas/postures and breath work. Acupuncture cultivates energy channel openings and promotes balance throughout the body's systems. The complimentary integration of both practices will facilitate creating an experience that will deepen relaxation in a subtle and profound manner. This unique joining of both healing modalities will leave you feeling calm, rejuvenated and centered before entering the holiday season.

Dr. Maria Zangara has a Doctorate in Naturopathic Medicine and a license in Acupuncture in both New York and Connecticut.

Janine Ambroze is a certified in Relax and Renew Level II Restorative Yoga, is a Reiki Master and is a Polestar Certified Practitioner, with an emphasis on rehabilitative needs.



Date: Sunday, October 29

Time: 4:00-6:30PM

Place: Northport Yoga & Wellness

162 Main Street

Northport, NY 11768

Contact: 516.996.3399

Fee: \$75.00

Feel free to call for any additional inquiries. Please bring a mat, water and dress comfortably. ****Advance Registration Required****

