

# The Yoga Loft Welcomes Sony Trieu

With

**DEEP STRETCH/RESTORATIVE YOGA**

**Time: 5:00 p.m. to 6:30 p.m.**

The class begins with a gentle flow of poses designed to warm up the body, lengthen the spine and open the joints. From there, we move to the floor, where we ground our self to the earth and MELT.... Onto bolsters, blankets and blocks to allow your body, mind and spirit to unwind, relax and rejuvenate. This class allows your body, particularly, the muscles and the mind to relax, using the breath as your guide to become closer to our inner selves.

Come and spend an amazing evening of relaxation and deepen your “well”ness.  
You deserve it!

Sony Trieu was trained in the Vinyasa style of Yoga. She teaches with a firm foundation of alignment and draws inspiration from various styles of yoga. She is especially interested in the balance of a flowing sequence, deep stretching and Restorative Yoga. Sony's intuitive ability assists students to go deeply inside to find their inner teacher, to trust in the wisdom of the, body and mind to open and flower into a state of grace and beauty. In addition to teaching yoga, Sony is the full-time director for Upward Bound, a program that works to assist low-income first generation college bound High School students to attend college in the San Fernando area. She also enjoys hiking, cooking and baking with her son, who continually shares his unconditional love, playfulness and energy, all of which inspire her Yogic growth.