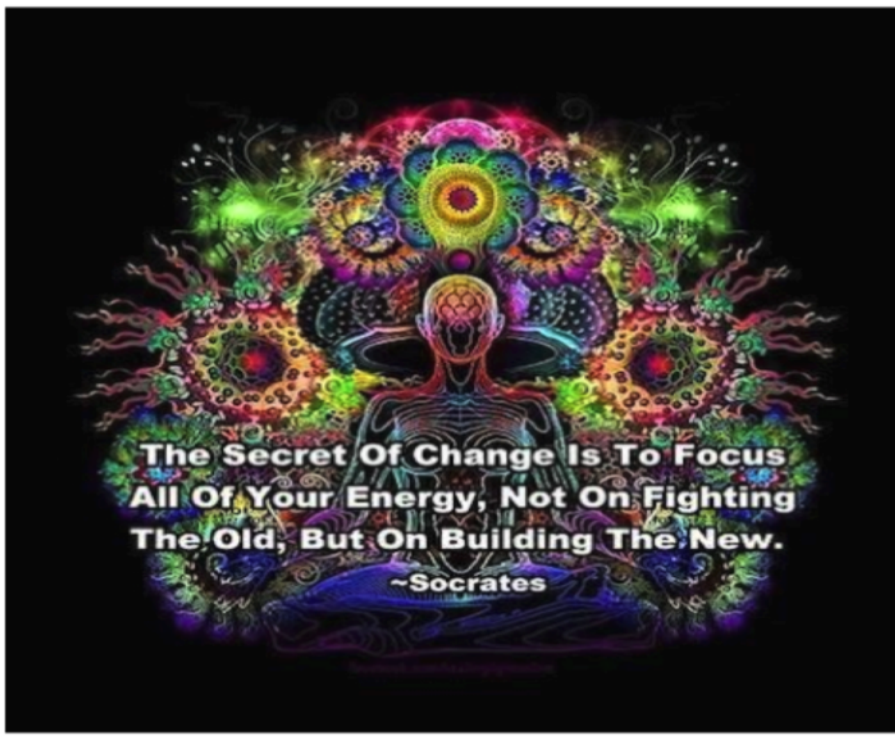


# YOGA NIDRA

NO EXPERIENCE REQUIRED – EVERYONE CAN PRACTICE – EVEN BEGINNERS !



**RESTING IS ...  
A PRECONDITION FOR  
HEALING**

**WE ALL KNOW THAT  
STRESS ACCUMULATES IN  
OUR BODY.**

**DEEP RELAXATION IS AN  
OPPORTUNITY FOR OUR  
BODY TO REST, TO HEAL  
& BE RESTORED.**

## YOGA NIDRA IS DEEP & RESTORATIVE REST

**YOGA NIDRA** & MEDITATION are COMPANIONS .... We are expanding the conscious state – we are expanding & creating space in our Body and our Mind.

**Yoga Nidra** is a Powerful Practice that does not require any physical movement, or activity. Lying Still on your Mat you will experience a Full Guided Body Scan, inviting an experience of awareness throughout your entire body. There is “Nothing to Do” ... but sense & feel (and breathe).

Though **Yoga Nidra** is translated as "yogic sleep," this method is not really about getting a good snooze. Guided by a teacher's voice, you identify sensations throughout your body and focus on your breath.

The most observable effect of **Yoga Nidra** is the extremely deep relaxation of the nervous system, by allowing our bodies to deeply rest and recharge – something usually lacking in our all too busy lifestyles.

**FRIDAY, JUNE 30 7:00 – 8:00 PM FREE !**