

Yoga Nidra

Yogic Sleep and Relaxation

With Peggy

Thursday
September 14,
7:30pm
Cost: \$40

Even during sleep the mind is actively directing the healing processes of the body to do their magic. *Yoga Nidra or Yogic Sleep* is a technique in which the body sleeps while the mind stays conscious so that it can rest.



On Thursday Sept. 14th at 7:30pm, I will guide you through this practice accompanied by **live 'gong' music** for what we promise will be a very enjoyable evening. You will not want to miss this. Bring friends! Space limited. Register at Member Activities