

YOGA NIDRA



POP UP CLASS

Sunday June 11

12:15-1:15pm

Instructors: Nicole and Janene

Yoga Nidra means "Yogic sleep" It relaxes the mind and body. You will be Laying down to help promote a deep state of conscious awareness Sleep, which is deeper state of relaxation. In Yoga Nidra, you do not lose consciousness, yet your entire body, mind and nervous system obtain complete rest through deep relaxation.

Wear something loose and comfortable. Dress in layers. Some may Experience a change in body temperature since we will not be moving. Bring a water. If you have a favorite blanket or eye mask please bring.

