

# YOGA NIDRA

JOIN US FOR A YOGA NIDRA MEDITATION  
ON THE SECOND SUNDAY OF EACH MONTH  
FROM 7 – 8:30 P.M.  
AT THE YOGA STUDIO OF SHELBY

YOGA NIDRA IS A PRACTICE THAT ENABLES YOU TO GAIN DEEP REST SO YOU ARE ABLE TO RECHARGE AND REJUVENATE YOURSELF. THIS YOGA MEDITATION TECHNIQUE WILL HELP YOU REMOVE TENSION THAT MAY BE BLOCKING YOUR AWARENESS AND ENERGY WITHIN YOUR MIND AND BODY. IT WILL HELP YOU TO TURN OFF EXCESSIVE THINKING SO YOU ARE BETTER ABLE TO REST.

THIS WORKSHOP WILL HAVE A BRIEF DISCUSSION ON YOGA NIDRA, A SHORT ASANA PRACTICE AND THEN THIS WONDERFUL YOGIC SLEEP.

*Class is guided by Jasmin Cromwell*

NO PRIOR YOGA EXPERIENCE IS NECESSARY AS OUR ASANA PRACTICE WILL BE GENTLE. PLEASE BRING A YOGA MAT.

COST IS \$20.00 IN ADVANCE  
CALL (586) 991-0760 TO PRE-REGISTER FOR THIS EVENT

7771 AUBURN ROAD, IN DOWNTOWN UTICA