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Yin Yoga and Yoga Nidra



Nicole Gordon will lead us through an hour of Yin Yoga followed by an hour of Yoga Nidra (yoga sleep).

Yin Yoga is a practice of deep stretching that will prepare your mind and body for the restful practice of Yoga Nidra.

Yoga Nidra is an efficient method of inducing complete relaxation while maintaining consciousness. Yoga Nidra is a transformative state between wakefulness and sleep that enhances our physical, emotional and mental sense of well-being by releasing tension accumulated in these layers of self. During **Yoga Nidra** you will be led through a guided visualization while in savasana. One hour of Nidra is equal to 4 hours of sleep.

September 22

Sat. 3-5 pm \$25

(only \$20 for current students)

The Yoga Center

449 Forest Ave plaza

774-YOGA (9642)

www.maine yoga.com