

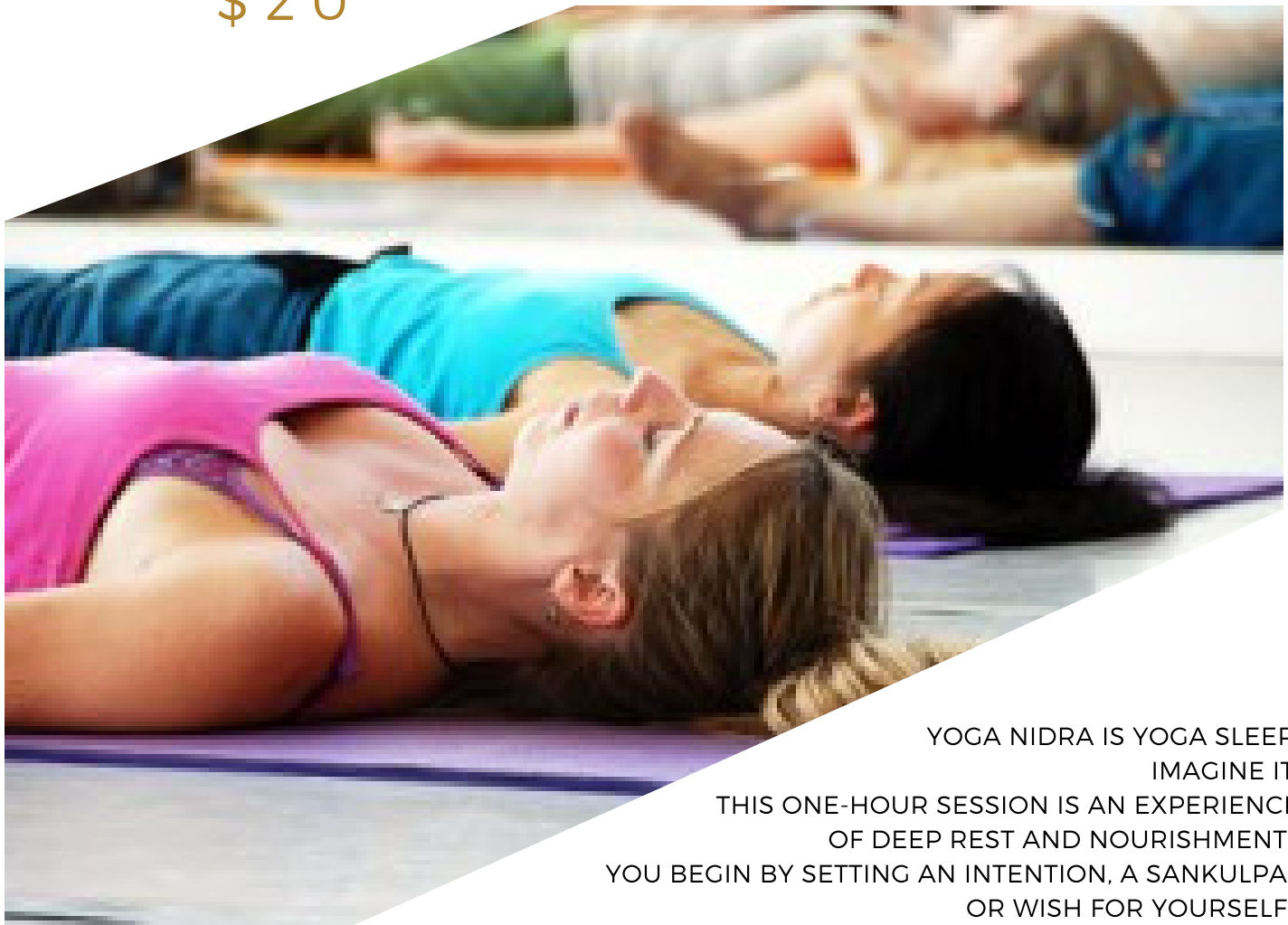


# Yoga Nidra with Claire Liddle

Sunday, June 10, 2018

2:00 - 3:00 PM

\$20



YOGA NIDRA IS YOGA SLEEP.  
IMAGINE IT.

THIS ONE-HOUR SESSION IS AN EXPERIENCE  
OF DEEP REST AND NOURISHMENT.

YOU BEGIN BY SETTING AN INTENTION, A SANKULPA,  
OR WISH FOR YOURSELF.

WHILE RESTING, YOU ARE GUIDED TO RELAX DEEPLY INTO THAT  
SPACE BETWEEN BEING AWAKE AND BEING ASLEEP.

FEEL THE BENEFITS OF FULL RELAXATION AND CALM.

NO PRIOR YOGA AND/OR MEDITATION PRACTICE REQUIRED.



[www.yogaincommon](http://www.yogaincommon) 843.839.9636