



YOGA NIDRA

- YOGA SLEEP -

TAUGHT BY CLAIRE LIDDLE

In-studio (Limited to 8 students) or Live-stream via Zoom

DATE:

NOVEMBER

14, 2020

TIME:

2:30 -

4:00 PM

\$25/pp

Yoga Nidra is Yoga Sleep. Imagine it. This session includes reviewing and experiencing the process of Yoga Nidra, the benefits of this deep rest and relaxation, and how to incorporate Yoga Nidra within your own practice.

During Yoga Nidra, you are guided to rest deeply into that space between being awake and being asleep. No prior yoga and/or meditation experience is needed. Come to release tension, relieve stress, and discover a state of calm.



www.yogaincommon.com

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