

How beautiful it is to do nothing, and then rest afterward.

– Spanish Proverb



YOGA NIDRA

with Cheryl Fenner Brown & Sharon Olson

Wednesdays ♦ 12:00-1:00 pm

(beginning October 7)

\$12 drop-in / \$40 for 4

OVER STIMULATED? CHRONICALLY SPENT? RECONNECT YOUR MIND - BODY - SPIRIT

Yoga Nidra or yogic sleep is an ancient practice to specifically unwind the nervous system by moving through four of your brain's natural states where true relaxation and rejuvenation can occur.

Allow yourself to be lead through a profound relaxation experience while you lie back and listen to the soothing voice of the instructor as you move beyond your reactions and into your ability to witness. In less than an hour you will be guided to breathe, relax your body, rotate your consciousness to deep levels of relaxation, meditation and rest.

Experience the peaceful stillness of a quiet mind and discover your unique ability to change everything by doing nothing at all.

Cheryl teaches in the Hatha tradition with humor and compassion and is enchanted by the subtle connections between the breath, body, mind, and emotions. She is currently training to become a Professional Yoga Therapist through the ITY program and is the director of the Living with Cancer yoga program.



Sharon is a 2007 Piedmont Yoga Studio Advanced Studies graduate and completed the Yoga Garden Yoga Therapy program in 2009, which included instruction from Richard Miller, a nationally known Yoga Nidra scholar and teacher. She and Cheryl have developed this program to facilitate health and well-being.

For info: www.YogaCheryl.com/yoganidra.html

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