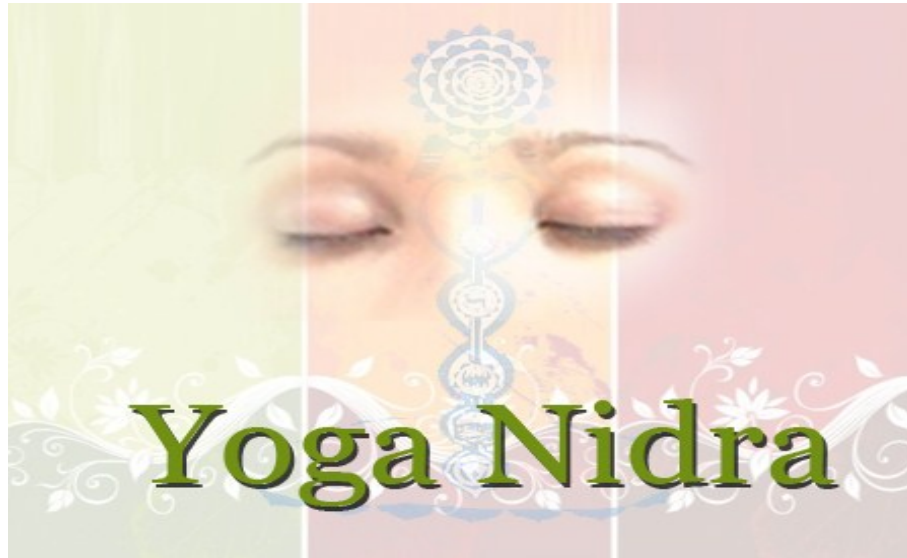


Saturday February 25, 2012 ~ 2:00-3:30 p.m.

The ancient tradition of Yoga Nidra is a state of conscious yogic sleep. Through Yoga Nidra one experiences deep relaxation while fully conscious, which induces complete mental, physical, and emotional relaxation. Through this process the subtle energy channels are fully revitalized. Benefits of Yoga Nidra include: profound stress relief, increased concentration, enhancement of your overall sense of well-being, more restful sleep and increased energy. This 90 minute workshop will involve a gentle yoga sequence followed by the guided meditation of yoga nidra.



All are welcome.

Saturday, February 25, 2012 2:00-3:30 p.m. \$25.00

RSVP 612-729-8387

info@minnehahayoga.com

Space is limited

Minnehaha Yoga Studio 4141 Minnehaha Ave. So Mpls, MN 55406