



WEYMOUTH
CLUB

More than Fitness... It's a Way of Life!

Yoga Nidra

Sunday September 17th 4pm-5pm
Instructor Kelly Ann

- Are you seeking more clarity of thought?
- Do you have chronic pain?
- Would you like to open your heart to better relationships, health, and peace of mind?
- Yes? Then Yoga Nidra is for YOU!

Yoga Nidra is a deep relaxation practice. Yoga Nidra is a guided meditation while in Savasana to deeply relax the body. It starts with a prolonged body scan, to release tension and holding in the body, followed by a guided visualization for healing of the heart, head and body. Often affirmations are used to reinforce the healing.

This is an effective and powerful practice that has been found to produce profound healing and stress reduction.

The workshop begins with gentle asana, and soothing pranayama to calm the nervous system, then moves into the Yoga Nidra practice.

All levels are welcome!

****Please bring a pillow, two blankets and an eye pillow if you have one.



Platinum Member \$15 Weymouth Club Member \$20 Non Member \$30
For Reservation & Payment Please Contact Front Desk: **781-337-4600**