

Experience Deep Peace & Healing with the Practice of

# Yoga Nidra

**Sunday, November 30th**

**5:00 pm - 6:15 pm**

**Twink McKenney**

*Certified Divine Sleep Yoga Nidra Instructor*

Yoga Nidra is form of yoga based on ancient meditation practices.

It is available to everyone — all you do is lie down and listen.

This month we will begin with a series of gentle poses to quiet and calm the body and deepen relaxation. Then, our guided nidra experience will focus on the chakra system ... journeying through each energy center to activate the body's healing intelligence.



**Please call or email  
to preregister**

**Bring  
a pillow, a  
light blanket -  
and a friend who  
could benefit from  
this transformative  
experience. \$20 pp  
Come with a friend!  
2 for \$30.**



**Special Ayurvedic  
warm drink served  
after nidra!**

**Kneading Yoga**

760 Main Street South • Southbury

**203-267-4417**

**kneadinghands.net**