

prepare for a vibrant spring



with  
**YOGA  
Nidra**

Sunday  
**March 1**

**Twink McKenney**

 **Please call to  
register & reserve your spot**

*Or register online - space is limited!*

**\$20 per person • 2 for \$30.**

**Bring a friend!**

**5:00 pm - 6:15 pm**  
**Doors Open at 4:30**



Bring a pillow & light blanket

***tap into new sources of energy***

Yoga Nidra has the power to transform and renew by inducing the body's healing state

**All you do is lie down and listen**

You will be gently lead into a powerful, relaxed state where healing is possible — on any level that is needed.

**Trust in your body's wisdom  
Join for a powerful practice —  
Yoga without movement**

**Kneading Yoga • 790 Main Street S • Southbury**  
**203-267-4417 • [kneadinghands.net](http://kneadinghands.net)**