



Yoga Nidra

Saturday, November 19th

4:00-5:00pm

\$15



Yoga Nidra means Yogic Sleep and is a profoundly transformative guided meditation practice that helps us break free of self-limiting patterns, emotions and beliefs so that we may lead lives of greater ease, peace and fulfillment. It is deeply restorative for the body, mind and spirit, and offers a wonderful antidote to stress and anxiety. You just lie down, get comfortable and listen – perfect for any body-type and experience level. “We use Yoga Nidra to investigate and go beyond our limiting beliefs and conditioning, so that we may live a contented life, free of conflict, anxiety, fear, dissatisfaction, and suffering. And in its ultimate form, we use Yoga Nidra to unravel the sacred mystery of life and reveal the secret of enlightenment.” Dharma’s teachings are humbly offered in honor of her beloved teacher, Chandra Om. For more information on Dharma, visit www.dharmarichards.com or www.yogagardenncc.com. Om Shanti.

Preregister at www.yogacenterofcapecod.com

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