

# **RESTORATIVE YOGA And iREST YOGA NIDRA**

We invite you to attend a monthly Restorative Yoga and Yoga Nidra workshop as a way to rest your nervous system and quiet your mind. The supported poses and meditation offers you great capacity for growth, deep relaxation and true well being.

Restorative Yoga is a soothing asana practice with passive, supported poses held for extended periods. We use lots of props so the body can fully relax and release tension and stress. It is a gentle practice that soothes the Central Nervous System.

iRest Yoga Nidra is a profoundly transformative meditation. While resting in stillness, you experience deep states of relaxation yet maintain consciousness and awareness. By observing and welcoming various aspects of what is present in the body and mind, you will recognize and experience an underlying peace.

This workshop is appropriate for ALL levels. Come join Jessica as she shares her training and experience in this workshop:

**FRIDAYS: MAR 18<sup>th</sup>, Apr 15<sup>th</sup>, May 20<sup>th</sup>, June 17<sup>th</sup> 6:30-8:30 pm**  
**Raleigh Yoga Center (visit [www.raleighyoga.com](http://www.raleighyoga.com))**  
**Cost: \$20**

**Three participants registered by the Thurs before are necessary. Please email [janebarrett@nc.rr.com](mailto:janebarrett@nc.rr.com) to reserve your space.**