

Yin Yoga and Yoga Nidra

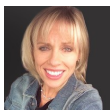


with Dawn Greenly, E-CRYT500

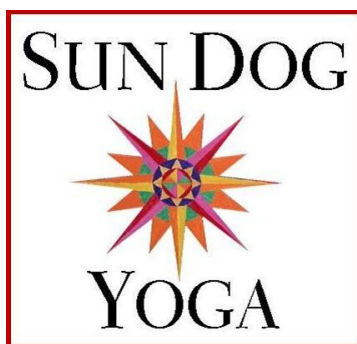
Sunday, April 15, 2018...1:00-3:00pm
\$35 paid by March 24th - \$40 day of workshop

Restore body and mind as Dawn leads you through a Yin Yoga followed by a guided Yoga Nidra practice. Our Yin Yoga practice will focus on opening shoulders, heart and hips. Yoga Nidra, or Yoga Sleep, is an ancient practice that works on full body and mind relaxation. As we practice Yoga Nidra, we create lasting changes to the ways we perceive our thoughts, chronic stress, and ongoing health issues.

Through this combined Workshop, we will learn how to utilize the body's natural healing ability by way of these gentle yet powerful techniques to emerge with a more peaceful and productive state of being. Please join us on this amazing journey.....class open to all levels. *60% of proceeds will go to aid Poverty Resolutions, a non-profit group helping those in need in Haiti....Dawn and her son will be making the trip there in March to help!



Dawn Greenly holds her 500 E-CRYT distinction with the Yoga Alliance, BS in Psychology and MS in Neuroscience. Dawn has been practicing yoga for over 15 years.



Enroll today!

Sign up at the front desk or online on our "Workshops" page at sundogyogastudio.com

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