

Stress Management Center of Nevada & All About Yoga

present

Yoga Nidra

Guided Meditation

with Caren Strait, RYT 500, E-RYT 200



Yoga Nidra is a special form of deep meditation. Research studies have identified specific benefits of practicing Yoga Nidra:

- ~ improves sleep*
- ~ increases mental clarity*
- ~ slows aging*
- ~ reduces anxiety*
- ~ reduces chronic pain*

Sunday, January 29, 2012

9:00 – 10:15 am

Fee: \$20

Take a step towards greater health and peace of mind!

Call today to reserve your space!

All About Yoga

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702-458-8088 www.yogainlasvegas.com