



## **YOGA NIDRA FOR BODY, MIND AND SPIRIT**

**TH 10:30-11:30 4<sup>TH</sup> Thursday each month**

Yoga Nidra in it's simplicity is shavasana with guided meditation. What could be better!!! We rest in the space between sleeping and waking. The body sleeps, but consciousness remains awake and aware. In this deeply restful state, we experience complete relaxation on every level – in our physical bodies, in our energy bodies and in our minds. As we deeply rest in our practice, our bodies natural healing processes are activated, increasing our feelings of radiance and vitality, happiness and joy. The ancient Indian practice of Yoga Nidra, is believed to have originated during the time of the Upanishads around 500BC. It is a state between wakefulness and dreaming. It simply in Sanskrit means 'yogic sleep'. Wear comfortable clothing and perhaps for your support bolster, blankets, pillow, blocks, eye pillow or anything else you'd like.

Class will be held at the Westminster Unitarian Church, 119 Kenyon Ave. East Greenwich    Drop in donation of \$5.

Join Linda Morse, a professionally certified Kripalu yoga teacher, whose relaxed and humorous way will guide you to inner peace and strength.

With questions, call Linda at 401-318-0303.