

JOIN YOGA HAPPENS HERE FOR A

# St. Patrick's Day Yoga Nidra Class

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Yoga Nidra is an ancient Yogic Guided Meditation also known as yogic sleep or effortless relaxation. Begin to let go of the past, and start anew with more balance in 2024 as you lie comfortably on your mat and into this powerful guided meditation, planting seeds of intention and/or restoration as you effortlessly enter into a deep relaxed state of restful being, stillness, and release.



Absolutely anyone can practice Yoga Nidra, but it has an immense appeal for those who struggle to relax and let go. Preparation includes yoga stretching and breathwork.

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**MARCH 17 AT 1PM  
YOGA HAPPENS HERE  
512 COURT STREET - PEKIN**

PLEASE BRING A BLANKET, YOGA MAT, AND WEAR COMFORTABLE CLOTHING. NO PERFUMES OR FRAGRANCES.  
\$15 PER PARTICIPANT. SPACE IS LIMITED. REGISTER ONLINE AT

[yogahappenshere.com](https://yogahappenshere.com)