



YOGA NIDRA

Guided Rebeca Gordenko Wadsworth

Yoga Nidra, or yogic sleep, is a state of consciousness between waking and sleep. A state where the body is completely relaxed and you become more aware of your internal world. Quiet and hypnotic, wonderfully therapeutic. This experience includes **candlelight** and **live Gong** bath with Wayne Marto & *Beneficial Sound*.

yogapalace

FRIDAY

Nov 18

DEC 2

**7:15 to 8:45
PM**

**Drop in \$18
or class pass**

**With Live
GONG**

YOGA PALACE

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Nov 18, 7:15 pm

Dec 2, 7:15 pm