

CENTER

Yoga and Healing Arts

Presents a

Yin Yoga & Yoga Nidra Chakra Balancing Mini Retreat

w/Gayle Worden RYT

www.centeryoga.vpweb.co



Sunday, August 16, 1-3:30 PM

At **Color of Life Yoga Studio**, 64 E. Main St., Suite A
in Dover-Foxcroft, ME. Call 343-0827 for more info.

1PM Greetings

1:15 Yogic Warm Up

Yin Yoga Asana(postures) and Pranayama
(breathwork)

Gentle yoga performed primarily on the floor with
use of props, blocks, bolsters, and blankets. Postures
are held up to 5 minutes to promote joint mobility.
Postures & breathwork chosen to move through, activate & balance the chakras

2:30 5 min. break to prepare for Yoga Nidra - a
guided deep relaxation or yogic sleep

2:35-3:15 Yoga Nidra

We Provide:

**Yoga mats, blocks,
blankets & bolsters.**

\$15.00 pre-registration

\$20.00 day of event.

BENEFITS ALL LEVELS

