



YOGA NW

YOGA NIDRA with Jodie
Fall series: Sunday Sept. 18th,
Oct. 16th, Nov. 13th
Yoga NW 5pm-6pm

Join Jodie to explore the ancient practice of Yoga Nidra. Translated to "yogic sleep", this practice is a deeply nourishing, meditative mind/body therapy. Practiced lying down, Jodie will lead you through a systematic guided approach to relax and ease the body. Accessible to anyone and everyone, this practice serves as a pathway to release stress and emotions in a gentle and supportive way.

COST: \$30 for series OR \$12 Drop-in Register online
www.yoganwpdx.com



Yoga NW
1901 NW 26th Avenue @ Upshur