



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RELAX & UNWIND BEFORE THE HOLIDAYS

YOGA NIDRA

Sunday, December 15th

5:30-6:45 PM

IRONWORKS

If you're exhausted and stressed out by the holidays, here's a Spirit Mind Body Special event for you! Join Heidi Eldred as she leads you through Yoga Nidra. Also known as yogic sleep or sleep with awareness, Yoga Nidra is intended to induce full-body relaxation and a deep meditative state of consciousness.

Class will be in the Spirit-Mind-Body Room at the Ironworks Branch. Pre-Registration is required by December 7th. Register online, at the Front Desk or through our Stateline Family YMCA App.

Members: \$15

Community: \$30



Register by December 12th to secure your spot! Any questions, please contact Ashley Hoverson at ahoverson@statelineymca.org