

NEW SERIES:

YOGA NIDRA



REGISTER
NOW!

Wednesdays on Zoom
Aug. 5 - Sept. 23, 2020
10 - 11am



EARLE BAUM CENTER
TRANSFORMING THE LIVES OF PEOPLE WITH SIGHT LOSS

Deep Relaxation and Healing Using Yogic Techniques

Taught by Joel Gordon, Certified Yoga Instructor

- ♥ Release tension and pain
- ♥ Improve sleep and insomnia
- ♥ Detach from your thoughts
- ♥ Connect with yourself
- ♥ Enjoy life to its fullest!

Yoga Nidra allows you to relax and let go of tension and anxiety very effectively.

In Yoga Nidra the body sleeps while the mind stays awake and aware, which allows for a high level of relaxation and deep rest and helps prevent the mental and physical damage that comes from stress.

Many people who have trouble meditating find Yoga Nidra easy to follow and do. You will be guided through every step.

No previous yoga or meditation experience is necessary. You only need a mat (or bed) and a quiet place.

\$40.00 for the 8 week series, Wednesdays starting Aug. 5, 2020 on Zoom

To register, call EBC: 707-523-3222

For more information, call Denise Vancil: 707- 523-7832 or email Joel Gordon: babalu@sonic.net



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